Realise your true vocal potential, developing a rich, attractive resonant speaking voice that people will love to listen to!

DEVELOP A DEEPER VOICE IN 7 DAYS!

The full transcript of all the video modules in the best selling course.

PETER BAKER & MARK LAXTON

VOICEOVERMASTERCLASS.COM

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VOICEOVER MASTER CLASS

DEVELOP A DEEPER VOICE IN 7 DAYS!

Though daily exercises, you will "unlearn" any bad speech habits and gain new confidence with a more attractive and magnetic voice to help you communicate with others in business and in your private life.

This resource is brought to you from the team from www.VoiceoverMasterclass.com who have created many best-selling courses on voice, confidence and business techniques for successful 6-figure home businesses!

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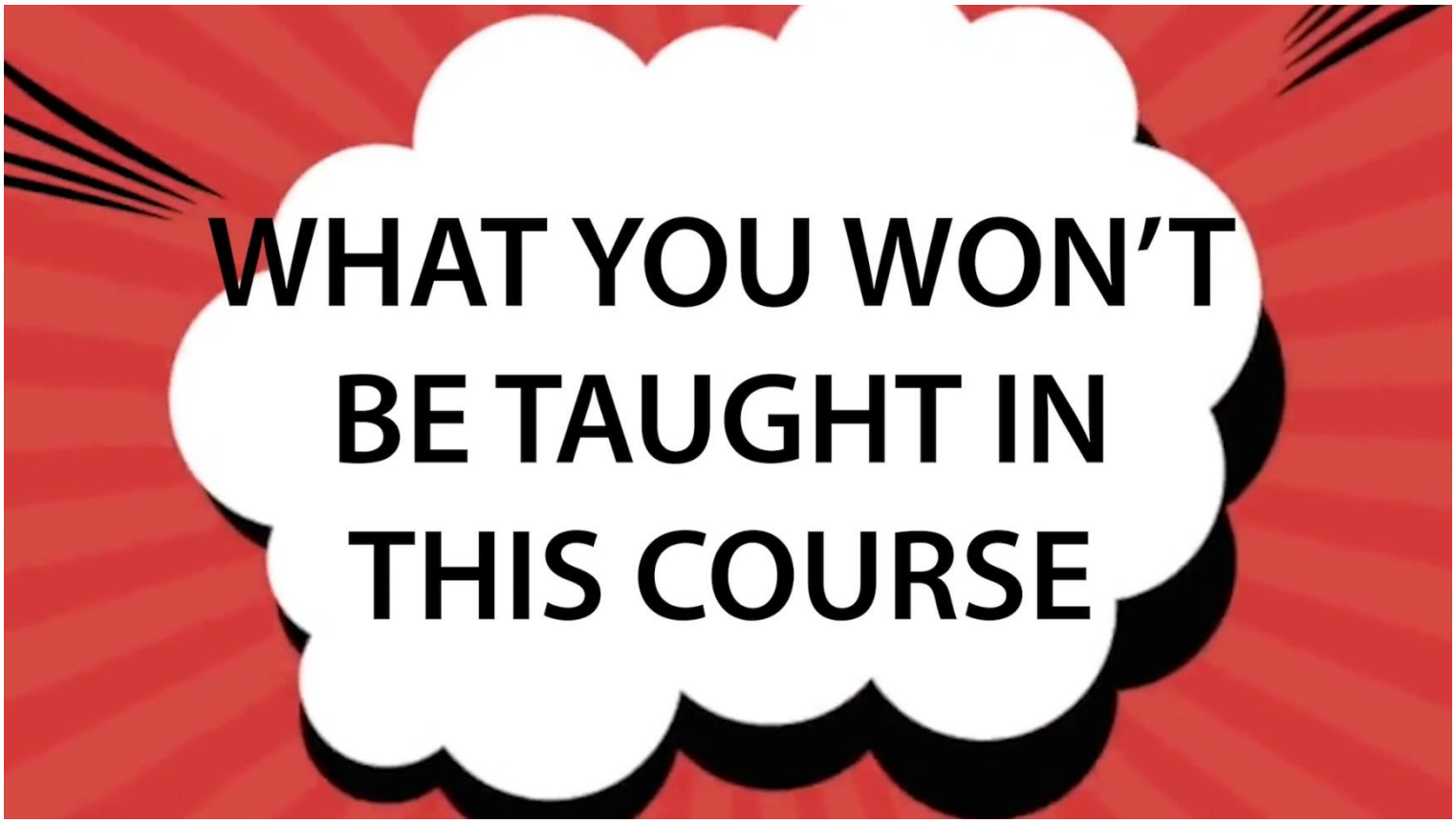
Welcome

A deeper, more resonant speaking voice exudes authority, experience, confidence – it's just a fact of human life. People like listening to rich voices. In this course, you may well discover that all your life you've only been using a part of your true natural voice, and you could find that there's so much rich potential that you simply haven't explored yet. There is absolutely no reason at all why you can't "unlearn" vocal habits that have been ingrained over your life, and you won't believe what's possible!

Deeper voiced people tend to be respected more and to become more successful. It's mostly men who want to develop this style of voice, but many females are also unhappy with their speaking voice – maybe complaining they sound scratchy, squarky or unpleasant and they'd like to develop a bit of husky depth to sound more attractive and sexy. Maybe you're a trans person wanting to deepen the voice.

This course is aimed at everyone.

Please note that this document is meant to be a reminder of your experience watching and participating in all the videos for the 7 days of the course. So please watch the videos first before referring to this transcript.



You won't be taught a cartoon monster's voice, because
a) You'll sound silly and
b) It will damage your sensitive vocal folds.

You won't be taught the deep vocal fry affectation, because
a) You'll also sound silly
b) Your name is not Kardashian and
c) It will ALSO damage your sensitive vocal folds as it pushes them together with little air getting through.

Also you won't be taught how to speak in a "cloud voice"
…so ultra-smooth and continually lower than your normal pitch you'll have a mushy nebulous mumbly voice without any bite and you won't be heard clearly.

WELCOME!

I'm Peter Baker a professional voice actor and trainer, and welcome to this course about developing a cool, authoritative, deeper voice. Now, with training courses, you expect to learn things, but actually with this unique course, you may find yourself UN-learning things!

You may well discover that all your life you've only been using a part of your true voice, and there's so much potential with your voice that you simply haven't explored yet.

You see, when it comes to enhancing the voice and exploring the flexibility it can offer to you, often people think that the voice they have is the only one they can speak in. They feel that the body they've been "assigned" in this life can only produce that one pitch and sound with no variation.

It's true that all our speaking voices have been determined by the way we've been brought up, the school we went to and the friends we hung around with in our teenage years and even the TV shows we liked, where we - often subconsciously – began to follow the speech pattens of our heroes.

But as an adult, there is absolutely no reason at all why you can't "unlearn" vocal habits that have been ingrained over your life, and you won't believe what's possible!!

It's like owning a car for a few years and you suddenly notice a "Turbocharge" button on the dash, so you push it and think "Wow!, I never realised I could do that!" Your body can often do much more than you thought possible. So, has your body got Turbocharge or a feature you haven't discovered yet?!

When I was a newsreader at the BBC in the 1980's, my voice sounded OK but I certainly didn't have the depth, gravitas or flexibility that my voice has today. Now, it's not as if my "organ pipes" have got bigger over the years, to help resonate more bass in my voice….I'm today the same physical size as I was then, smaller if anything, but I have been taught some wonderful techniques by voice experts and actors over the years and I've developed my own techniques too - to improve the flexibility of my voice and it's these exercises and suggestions that I'll teach to you in my voice training courses, and in this particular course we will specifically focus on developing a deeper, richer voice.

A deeper, more resonant speaking voice exudes authority, experience, confidence – it's just a fact of human life. People like listening to rich voices. Deeper voiced people tend to be respected more and to become more successful. It's mostly men who want to develop this style of voice, but many females are also unhappy with their speaking voice – maybe complaining they sound scratchy, squarky or unpleasant and they'd like to develop a bit of husky depth to sound more attractive and, well, sexy. Maybe you're a trans person wanting to deepen the voice. This course is aimed at everyone.

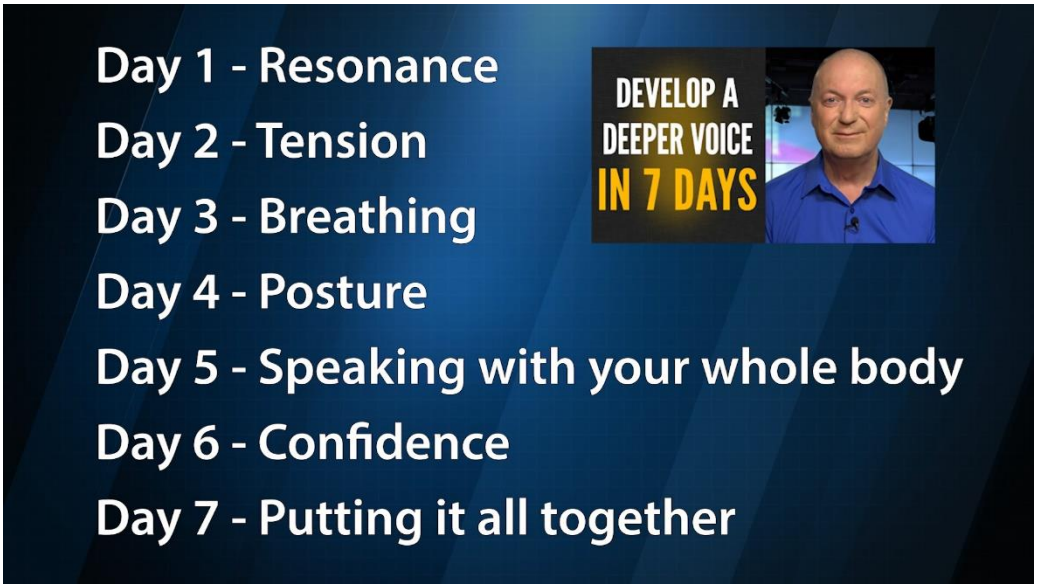
So, why DID I want to deepen MY voice? Well, I've been a professional voiceover since the 70's but always had a young, light voice, so when I was ever asked to "do a deep voice movie-trailer" or a demon or villain type voice for a game or a radio drama, I tried hard to speak deep but just got a very sore throat trying! I thought, wouldn't it be great to have the flexibility to be able to offer a wide range of voice styles and depths so I could maximise the voiceover work that I get?

Of course, maybe you're watching this now and have no interest at all in earning an income as a recording voice artist, but you desperately want a deeper, richer voice to give you more success and confidence in whatever you follow in your own life. Don't worry, we've got everyone covered.

By the way, while I mention voiceover work, if you're not in the business, you may think we have it easy with modern software that can make our voices sound deep and rich at the click of a button. Actually, even though I could ask my Adobe Audition software to deepen my voice by taking it down a semitone or even a full tone without affecting the speed, like I am doing now…what do you think of this voice?

And I can electronically also compress the voice to make it sound punchy, but even the best software still adds weird artifacts to the voice, it is actually far far better to work on your body to create a deeper voice naturally and not rely on software solutions. And of course in real life, when you're not talking through a loudspeaker, we can't use technology anyway!

Each day, there'll be a key subject covered, but in your, shall we call it "homework", as well as exercises and activities based on that day's subject, I'll also give you things to do based on previous subjects so you'll build up your expertise and knowledge.


Day 1 - Resonance
Day 2 - Tension
Day 3 - Breathing
Day 4 - Posture
Day 5 - Speaking with your whole body
Day 6 - Confidence
Day 7 - Putting it all together
DEVELOP A
DEEPER VOICE
IN 7 DAYS

Today, Day 1 we'll feature RESONANCE
Day 2 it's TENSION and how it does prevent the development of a rich voice
Day 3 we cover BREATHING and why you may have been doing this inefficiently for years
Day 4 the main subject is POSTURE and it's importance with regard to the human voice
Day 5 it's SPEAKING WITH YOUR WHOLE BODY – the holistic view to communication.
Day 6 we'll discuss the importance of CONFIDENCE in voice use.

And on Day 7, we're putting everything together revisiting all the subjects going through all the exercises – giving you more tips and tricks - and giving you the next steps forward.

I'm not going to fully guarantee that at the end of 7 days your voice will be exactly where you'd like it to be; but I am extremely confident that you will notice a big difference in your speech and voice quality. And in the future going forward, if you follow the changes to your lifestyle that I'll suggest, and the regular exercises I'll give you, this will help you continue to develop that richer, deeper voice.

For this course, you'll need something to record your voice with. This is so you can hear your progress on deepening and strengthening your voice over the course.

Unless you're lucky enough to own a recording studio, most people these days will have a smart phone to record their voice on, and that's OK, but the speaker of a smart phone is very small and tinny. Ideally, you'd play back connected via Bluetooth to a decent powered loudspeaker or to a HiFi system; that way you'll be able to really hear and to appreciate the lower ranges of your new voice properly.

Each day, I want you to work in a quiet private place, and remember to record your progress so you'll be able to hear your improvement as time goes by.

The human voice is a wonderful thing and its use in how we communicate with others is key to gaining friendships, trust and love in this life as well as in business, where the effective use of your voice can go a long way in presenting ideas or hammering out negotiations.

Nobody likes the sound of a harsh, arrogant voice, or one that is lacking in power and depth may really restrict your opportunities in life. The voice really is that important, and can convey confidence, trustworthiness, intelligence and more! So, give yourself the best shot and follow the training and exercises in this course to help get fitter in body, mind and voice. All the training is done a step at a time with plenty of opportunities for you to pause the videos and have a go yourself.

DAY 1 – RESONANCE

Welcome to Day 1 of your journey towards a deeper, more attractive voice.
So today, we are going to work on RESONANCE.

Now if you walk into a music shop, buy a guitar string, take it out the packet and pluck it, it doesn't really sound like a guitar does it? But stretch it on the body of an acoustic guitar, the reverberations of the string then resonate throughout the cavities of the instrument and then the sound is that of a guitar! So how is that sound made? For this and most other instruments you need 3 basic elements to make the sound; Energy, Oscillation and Resonance.

For the guitar, the energy comes from the human hand that plucks the strings. The oscillation comes from the guitar strings and the resultant louder and richer and distinctive sound comes from the guitar body, the resonator.

So when we humans speak, our energy comes from breath forced up by muscles, the oscillation is in the vocal folds and the resonant areas are mainly in the vocal tract and in much smaller ways, the nasal cavity and also in a very small way, the thoracic cavity – the chest cavity. The chest cavity of course doesn't have an opening, unless you had an operation that really went wrong. So resonance helps to amplify your voice and to give it richness and depth and makes it far more attractive to listen to.

Now you'll know that when you're playing music on your tiny smartphone loudspeaker, the audio sounds rubbish compared to the rich sound of the far bigger Bluetooth speaker you bought for parties and so on. So you'd think that the bigger the human body, the bigger the voice you'd have. Well, it's true that I can't train an ant to speak in a deep resonant voice, but with us humans the depth of our speech comes from not the total size of our bodies, but by training our own apparatus in our vocal tracts and creating flexibility in our resonator areas; that's where size matters.

So it's a myth that if you have a huge body you naturally have a huge, deep voice. You don't. This is only the case with angry ogres in cartoons.

Listen to interviews with massive body building guys and you'll often hear quite thin voices that aren't deep or resonant at all; simply because their muscles round the neck and shoulders are so developed, these muscles can never be relaxed! We can USE the chest cavity to check if resonance is happening, which we'll do soon, or even feel the resonance in your head, but it's mainly in the vocal tract area where you're transmitting any gorgeous rich resonant speech from. That's why what we are doing this week centres around increasing the flexibility and size of this area.

So, because I am speaking, my vocal cords are vibrating now, and they are resonating in my own personal shaped cavities and that is why, along with the specific length and characteristics of my vocal cords, I sound like I do. It's the same with your own body. But are you absolutely sure that your own cavities are getting access to these vibrations?

In our work together, as well as dealing with words to speak, I want to encourage you to use humming and chanting as much as possible. There are three reasons for this.
Firstly without concentrating on speaking specific words, you can make your mind focus on the results you're achieving.

Secondly, it's unlikely you can harm your very delicate vocal folds using humming and chanting.
Thirdly, using these continuous vibrations over time is excellent for achieving resonance in the places we want and also to check them.

So, ideally, you'd stand up for this, now you'd put your hand on your upper chest area and hum a deep note that still has some power. Why power? You see, the lower the note, the less power it has, that's why when you shout to someone far away you raise the pitch, don't you? So your deep note must also have some power, as there's no point having a low rumbling note that nobody can hear!

The reason for your hand on your upper chest is to check that you can feel resonance, in other words vibrations from this area. In fact, I call this the "Chest Test". It's your first exercise and we'll number all these things so we can remember them easily and they can be referred to on your Exercise Sheet that you can download and print out. So let's do exercise number 1, The Chest Test. Please stand up and put a hand on your upper chest and hum for me.

Well? Nothing? You're not feeling many vibrations in your chest? Well, a big factor about developing a richer, deeper voice is to learn to really relax and to get rid of unwanted tensions in the upper body and we have a whole day's video majoring on tension tomorrow.

But I'll show you how to get some resonance in the upper chest.

What I want you to do now is to gently extend the area that houses the larynx which holds your precious vocal cords! This will give more flexibility and open more the areas that can vibrate as well as give the larynx and the cords more agility to do their thing.

So, you need to identify the muscles in the mouth that are used and these need to be really relaxed to give your voice the capability to be deeper and mellower. You need to gently stretch out the area at the back of your throat and then when you speak or hum, you'll discover the sound becomes more mellow and this should develop resonance. With the mouth closed, when you gently lower your larynx, in effect making the inside of your mouth bigger, without opening your mouth, you should begin to feel some resonance in your upper chest. I'll demonstrate, the captions will show when I am gently pushing down the larynx with those muscles inside to give more space to vibrate and resonate in. So try this!

Did you hear the sound change? So can you do that for me again, now? Put your hand on your upper chest and hum a low note with some power. Normally you wouldn't feel many vibrations, but when you gently lower the whole of your voice apparatus, opening up the vocal tract you should begin to feel more vibrations with your hand and the voice should be more mellow sounding.

Now, of course you're not going to speak all the time in this position with the larynx lowered unless you want to sound like a "fairy tale giant", but it's the first stage you need to do for you to identify the various parts of the voice production system in your body and how you can change it by the various techniques I'll reveal to you over the course. A lot of this is you understanding your own body more and what your voice is really capable of doing. It really can be a journey of revelation for many!

The Chest Test is Exercise number 1 which you can do for your "homework", but a variation is number 2 – the INTERNAL MOUTH STRETCH.

This is where you make no noise at all, but simply gently stretch those muscles you have just used to lower your larynx and to create that nice mellow sound. You do this with the mouth open where it's easier to stretch these muscles.

So open your mouth and gently pull back the larynx – and stretch and hold for 5 seconds, and release. Do this 20 times a day, but as with all these exercises, stop if it hurts at all. You're sending your vocal tract to the mouth gym!

So that's THE INTERNAL MOUTH STRETCH – number 2 on your exercise sheet.

Now, humming is great for general relaxation, and for developing a gorgeous resonant sound, but that's no good if this deep resonance can't be converted into words. But before we do this, I really need to talk about tension. The whole of tomorrow's lesson is all about that, but for now all I'll say is that you need to shake your body, do some gentle neck rolls, relax the mind and get into a mellow frame of mind before you do any of these exercises.

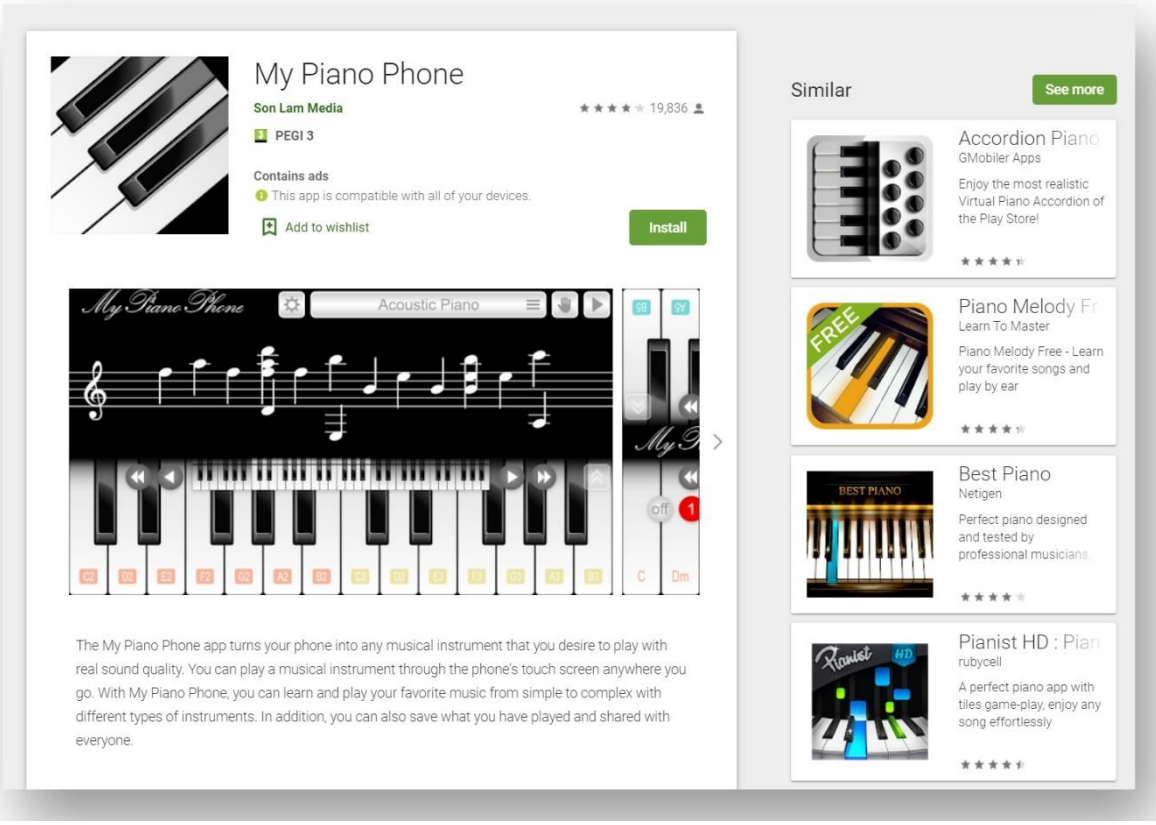
OK – so I hope you have tried to relax a bit and warmed up, but we will be covering in detail more extensive warmups later in the week.

But now, here's a sentence for you:

"This is the lowest tone I can speak comfortably".

I would like you to say that sentence in a monotone, in other words all at the same note, and choose a pitch somewhere fairly reasonably low to start with. If you have a musical instrument, this will help, as you'll be able to write down the notes you are achieving, moving down the scale.

As you may be using your phone for recording yourself, if you've got another phone you could use, download the MY PIANO PHONE app – or equivalent - to find out the lowest note you can achieve on each day.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You start by selecting a lowish note that is somewhere on the scale that is very comfortable for you to speak at. And then keep on repeating the line, going down a semitone at a time.

Don't rush doing this - and be very aware of straining your voice. If it begins to hurt, do not push through the pain, just stop there for the moment; go up again a semitone at a time until you are comfortable. Look….let me demo this for you.

Now please don't worry if you are not musical in any way, I am fairly musical, but I certainly can't sing, but that's not important! So please have a go at that exercise, reading this sentence at a monotone as deep as you can. Don't forget to record yourself for your reference.

How did you get on? Now, either using a musical instrument or a phone app, write down on your Exercise Sheet the name of the lowest possible note that you can speak comfortably at without hurting, and without the voice breaking up.

As you continue your daily exercises you will see this note go down and down until you get to the lowest note you could speak at comfortably. So that's exercise number 3, we'll call it SENTENCE DOWN THE SCALE.

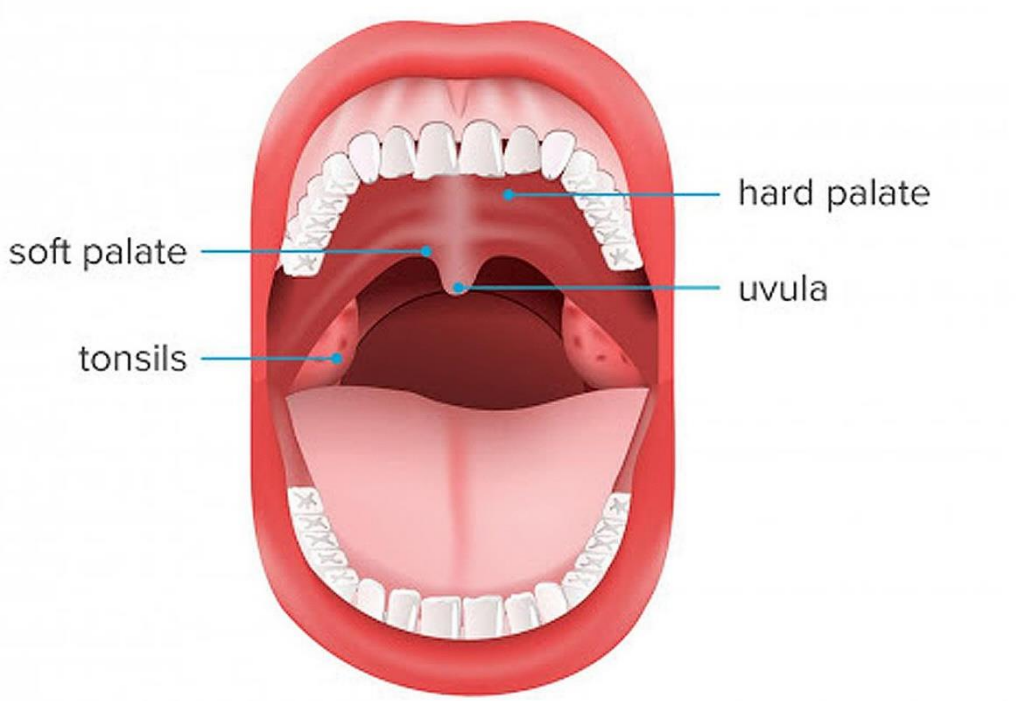
Your next exercise today, on our list, it's number 4, it's simply called VIBRATION HUM. This exercise is simply humming or chanting on the lowest note you achieved when reading the monotone sentence before. Here you don't have to worry about remembering words to say. Just humming on that general low note while keeping your mind relaxed.

You've already written down the musical note you have achieved, so play that and hum on that note. You don't need to do that right now; wait until after this training session.

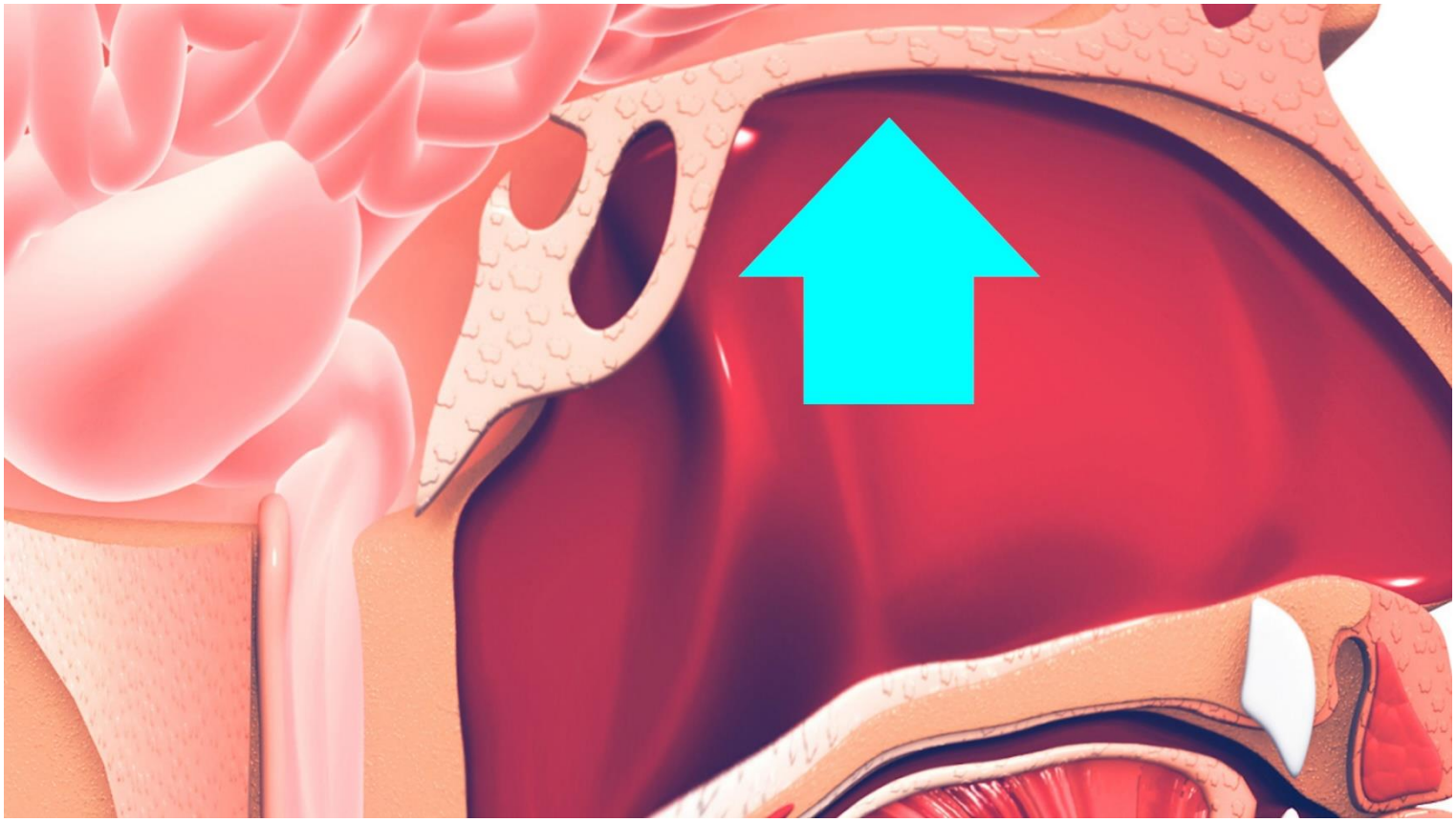
You really need to do this low humming for a total of at least 15 minutes before the next session tomorrow, maybe in three 5 minute time periods. This humming is something that's easy to fit into an average day; walking along, making food, travelling to work. Just get into the habit, it's so very useful and it's calming too.
Now, I need to mention again that it's important to have some power in your deep resonant chant or hum. There's no point in developing a very deep and resonant voice if you have no power, or if it strains your sensitive vocal apparatus, so if you're getting little power or it's hurting, raise the note. Don't worry, this lowest note will come down with other initiatives that we'll do during the week.

As well as relaxing the muscles and lowering the larynx and the back of the mouth while you low hum to get that wonderful mellow resonant sound, I'd also like you to try yawning.

This is our exercise number 5, THE BIG YAWN. At the start of a yawn, you'll notice how it's not just the mouth that opens, and your larynx goes down, but also a little bit, the soft palate goes UP. Inside your mouth, at the top near the teeth there is the HARD PALATE. Go further back and this becomes the SOFT PALATE. So in this exercise you are feeling for and raising this soft palate as you do the BIG YAWN.



This will help your voice become more flexible to create nice big sounding notes and sound less nasal. As raising the soft palate cuts off the voice from going through the nose. I'll show you a great exercise to prove this later. What we do in the BIG YAWN is simply to open the mouth as wide as possible, the larynx goes down as it did for the CHEST TEST…now you ALSO raise the soft palate, and you may also like to raise the eyebrows and keep it there for 5 seconds.



Have a go with this now please.

Had a nice yawn? Most people are very lazy and go through life mumbling through their mouths. Maybe they are on the phone so much they feel they are on a close microphone all the time. And they have mouths that don't open at all apart from when they visit the dentist, which is not good. Drop your jaw and you'll be able to communicate better; open your mouth - you're not training to be a ventriloquist are you?

Feel what it's like to really open as wide as you can. You're exploring your instrument at this stage, you're feeling the muscles that tingle and the ones you are getting into shape.

You don't need to make the yawning sound itself at this stage, nor hum at all; just start the yawn procedure and stretch that mouth interior and raise the soft palate, the upper part of your mouth. Look in a mirror to check that the roof of your mouth is being raised. If you have difficulties, wash your hands and put your thumb inside your mouth to make sure the palate is being raised.

It's important to note that it's not the same stretch as the first exercise, the internal mouth stretch – here you open the mouth as well of course, and you can really give it a good stretch and raise the roof – hold it for 5 seconds….and then relax. Then repeat.

Now I know I said that tension is the enemy of the deeper voice and you're now probably getting very tense in these stretching exercises, but the idea is that you are making the soft palate more flexible and this will pay good dividends for the long term depth of your voice.

So we've done a lot here on day 1 of your course, but I don't want to overwhelm you. Until we meet again tomorrow, I'd like you to do the first 5 exercises on the sheet, this is your homework!

1 – The Chest Test
2 – The Internal Mouth Stretch
3 – Sentence Down the Scale
4 – Vibration Hum
And
5 – The Big Yawn.

Details of these are on the downloadable Exercise Sheet.

Print it out and fill in the appropriate sections as you complete them. Also don't forget to record them and play back on a decent loudspeaker to hear your progress.

Remember to be very careful with the exercises - don't strain your voice at all. If anything starts to hurt; stop. Warm up with gentle exercise and make sure you are hydrated with pure water. Take care and see you tomorrow!

DAY 2 – TENSION

Hello and welcome to Day 2 of this 7-day course to develop a deeper more resonant, self-assured voice that will give you confidence, earn you respect and help you live your life to the full by improving your communications and relationships with others.

When it comes to learning voice skills, doing regular daily voice exercises really help in achieving your aims, so I hope you completed the 5 tasks I set you yesterday.

The first was the Chest Test. Did you feel the vibrations on your chest when you lowered the larynx at the back of the mouth to create that mellow sound? Remember this is just a test that you do to feel the vibrations and will help you to explore what your body is capable of. You're not going to speak in this mellow "chest voice" in real life as it has low power and it can actually strain your vocal cords if you SPEAK like this for a long time; however, it's fine to HUM to find the resonance points in your body.

The second was the Internal Mouth Stretch. This is really the same as the chest test but without making any sound, and you have your mouth wide open….you're simply gently stretching those same muscles in your mouth, lowering the inner part of the vocal tract that includes the larynx, to soften it up and to create flexibility.
The third exercise was the "Sentence Down the Scale" to determine your current lowest musical note you can speak at.

Number 4 was simply humming at that same note, mouth closed, while keeping nice and relaxed.
The 5th exercise was THE BIG YAWN, really stretching the mouth itself as well as raising roof of your mouth - the soft palate inside.

All this week, you'll repeat these exercises to increase the flexibility of your vocal apparatus, and we'll learn other aspects to add to this, such as decreasing nasality - speaking through the nose. It's important that you keep doing the daily exercises so they become a natural habit in everyday life. Then you can gradually drop the frequency of doing the sessions as you enjoy your new voice.

OK - Today's main subject is tension.

Have you noticed how you wake up in the morning with a naturally deeper voice?

That's because you (hopefully) had a great night sleep that has banished yesterday's tensions to the four winds; unless you had a really terrifying nightmare of course. Then, of course, as the realisation of the tasks of the new day itself rear their ugly heads, the tensions begin to grow in your body and that lovely deep "morning voice" just dissolves like the morning dew.

So many people spend all day in an almost permanent state of tension and anxiety, particularly when we have 24 hour a day global media on tap and lists of jobs to do for our work which often never get finished and simply get added to.

It's so hard to really completely switch our brains off to fully relax. All this is not good for our general health, blood pressure and certainly not for our voice. Too much tension in our vocal folds and the neck area means anyone will have difficulty in creating a rich resonant voice. Any resonance is dampened down by the tensions in your upper body, and will restrict the spaces the vocal cord vibrations can be amplified in.

What we'll do together today will help you get flexibility in the vocal tract and to banish tensions.

I assume that you're quite fit already without any serious underlaying health conditions and you already do reasonable fitness exercises, both cardiovascular work and weights or similar. Any issues or queries at all, please check with your doctor before you start any new exercise regime.

Now, maybe you're like me, and I normally start the day with an early visit to the gym or an hour bike ride and some floor exercises, but I couldn't start the working day in the voice recording booth in the state of tension – albeit nice tension – directly after a physical workout.

So my cooling down exercises are what help to prepare my voice ready for a day as a professional voice over or TV presenter - recording many varied scripts without strain and with voice flexibility over the different jobs I'm asked to do. I'll show you these exercises, and what you should do to help release tensions in your upper body that will help to free the voice in your everyday life.

Gentle shoulder rolls are very good to help reduce tension in the upper body. This is Exercise number 6. Really try to keep things gentle, no sudden jerks, roll one way and then the other. Be aware of any cracks or popping noises from your creaky ligaments! Try now some gentle shoulder rolls.

After some gentle shoulder rolls, we move to exercise number 7. With one hand, you need to massage the opposite back of your shoulder; don't be too hard but you'll no doubt find knots of tension in the muscles that can be gently massaged.

Once you've done one shoulder, for about half a minute, move to the other one. If you have a compliant friend, they can, of course massage two shoulders at once, but make sure they aren't rough with you. Squeal if they hurt you!

Next in exercise number 8, you're going to turn to jelly. Make your whole upper body wobble and shake. Including your hands, just shake it all around and make you face floppy as well. Don't worry, nobody's looking at you! For this Jelly Rolling exercise, you can shake your legs too but it's the upper body that's more important for our voice work. Have a go now!

So how was that for you? OK, this next one is called the "Big Tongued Monster" exercise – it's exercise number 9. Here you need to push out the tongue, widen the eyes, open widen and stretch the mouth… and for effect, you can stretch your hands in front of you as well if you like. You may look crazy, but this is so good for eliminating face tensions. Remember, the more tension you can get rid of, it makes it far easier to achieve a smooth, deep, resonant voice.

Hold this crazy pose for about 10 seconds then relax, by rubbing your cheeks in a circle with your knuckles to get rid of the remaining tensions that was caused by the stretch. Be very careful not to strain the tongue, it's more sensitive than you think! Do this "Big Tongued Monster" stretch at least a couple of times a day, it's very effective, especially if you're about to give a talk or go into a stressful situation. Try it out in front of a mirror if you want a laugh!

Now let's move onto the "Q-E-Q-R" exercise, number 10. This is great for ridding general mouth tensions and helps improve voice clarity enormously. You don't want to get a deeper voice and sacrifice clarity do you?

So this is a great daily fix-it. You don't need to speak aloud, you can just mouth the letters if you wish, you're just making the mouth very small for the Q sound, stretching the mouth horizontally wide for the E sound, back to the tight Q again then really open up the mouth for the big "R". Q-E-Q-R. Do this 20 times a day and your mouth will really go to the gym and this can banish so much face and neck tension!

This next one, Exercise 11, is simply to help to perk up the lips. They may not seem that important to you, but I think you will find that your voice will be clearer and perkier once you have done this. It's called the Telephone Trill exercise, for obvious reasons once you hear it. Yes, you purse your lips and blow to vibrate them! And that simply is all it is! Don't try and make a sound with your vocal cords, just push the air through and relax the lips. If you find making this sound difficult, you may be breathing too hard, or not enough, to make a decent sound, you don't want just air coming out. You can hold your cheeks very gently if you have difficulty in making the sound, as this will hold the lips in the right position for this trill sound.

You can also combine this exercise with a nice deep diaphragmatic breath as well, so that you can see how many telephone rings you can get after one big breath!

After you've done this, your lips will be tingling and really will appreciate the little many work-out you have just done with your lips. Combining this with our other clarity exercises, this will really help in reducing mumbling to a minimum and get that voice of yours as clear as possible for other people to appreciate.

So, how's your tension? Is tension melting away doing these exercises? For this next exercise, the SILENT LAUGH, exercise number 12, you don't need to think of anything particularly funny, just look at yourself in the mirror, and enjoy seeing that you can go outside your comfort zone. The mouth is wide, the neck moves around as if you were laughing and you should feel relaxed inside. Basically, this "Silent Laugh" exercise, widens the voice box, and the vocal folds, and is a nice wake-up exercise as well, especially if you have to give a talk or do any voice work first thing in the morning.

Go and do this for a good 30 seconds. Off you go! Well, that was a laugh, wasn't it! Of course, we all deal with tensions and anxieties in different ways; some general advice I can give you is to look into joining a yoga class where you can simply calm yourself down, away from your computer and phone this will also improve your posture. Or investigate meditation, which many people rely on and have meditation sessions daily at home or in groups and know this activity to be an effective stress buster for them.

Now we've all warmed up, here are two great exercises that will help you achieve a deeper voice – but you do need to be warmed up and relaxed before you do it.

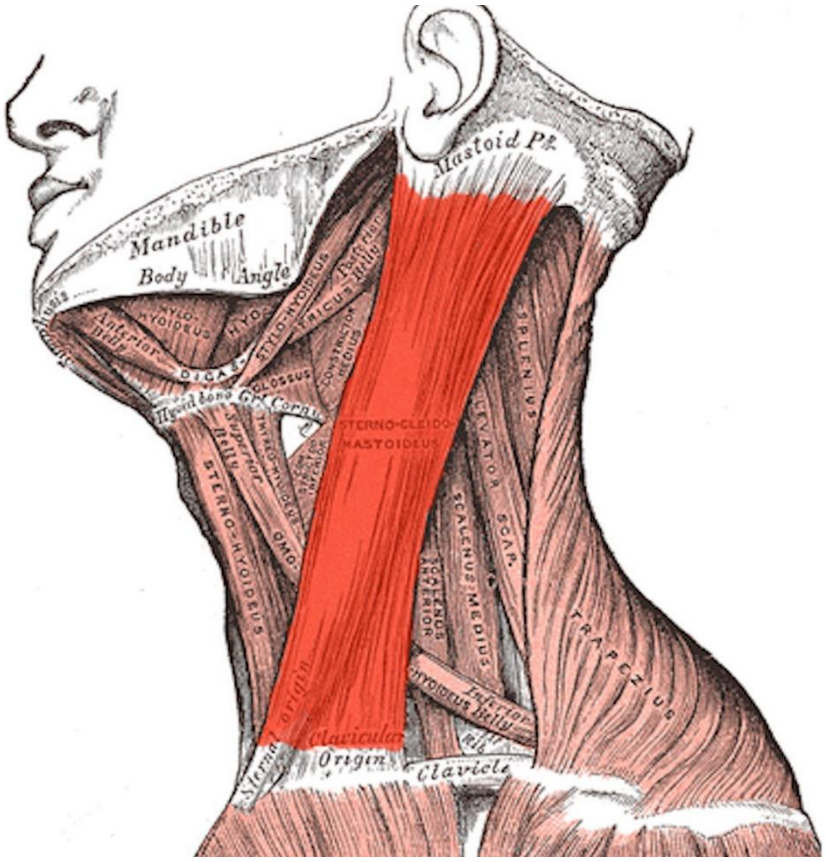
Everything is connected together in the human body; it's a good job it is, or else stuff would be rattling around, wouldn't it? Anyway, there are long muscles called sternocleidomastoids - easy for me to say –– they go from the collar bone area to up to the area of the ear. Call them neck muscles if you like. You can exercise these muscles and make them stronger, but actually they just need to be toned up; we don't want you to go mad and think like a bodybuilder.

The more you exercise a muscle, the more control you will have of them. If you have weak neck muscles, the other muscles that happen to support the vocal cords will need to pitch in and assist the weak neck muscles just to support your head – it is very heavy - but hey, you want your vocal cord muscles just relaxing and feeling as mellow as your new mellow voice, right?

Why should THEY help your lazy neck muscles? That's why some gentle neck muscle tone ups are great news to help improve the voice. The neck muscles will be doing their job of supporting your head, and your voice muscles will be left alone to do their own thing.

What a wonderful non-medical explanation, eh? But I hope you get the picture.

So how can you feel where these sternocleidomastoids are and give them a gentle workout? Here they are on a diagram, but don't worry if yours don't stand out; we're all different. We do all have them, though, to support our heavy heads.



Here's the first exercise to tone these neck muscles up. If you have underlying neck or back problems, don't attempt these before checking with your doctor. The first exercise is called IT SUCKS and it's number 13. Take a drinking straw and block it by bending it over. Now suck quite hard and hold this for a few seconds – with the other hand you can feel your neck muscles tense up a little – that's great – then relax, and repeat. Do this 20 times a day, but of course, stop if you get dizzy.

OK, do you fancy another exercise to strengthen your neck muscles? This is the SCM Stretch, exercise number 14. SCM standing for SternoCleidoMastoids. This is where you look straight ahead, and then tilt your head back and up diagonally so you stretch the two long sternocleidomastoid muscles that connect the shoulder blade to the ear area. Very important - do not jerk, but tilt very gently and stop if it hurts. Hold it at the diagonal position for 5 seconds and return to the normal position. Then tilt the other side. Can you feel the muscle from the ear to the collar bone straining? Just hold for 5 seconds and relax. Now and repeat the exercise while humming. See what happens to the sound as you stretch. Do all this really gently and stop if it hurts. As with all these exercises, don't force anything. You are not trying to be someone that you're not. You are enhancing the "real you"!

Great! So here's your home work until we meet again tomorrow. You need to keep on doing the resonance exercises, numbers 1 to 5, and also today's new tension relief activities, 6 to 15. Don't forget to tick them off or mark them up on your Voice Training Exercise Sheet as you go along.

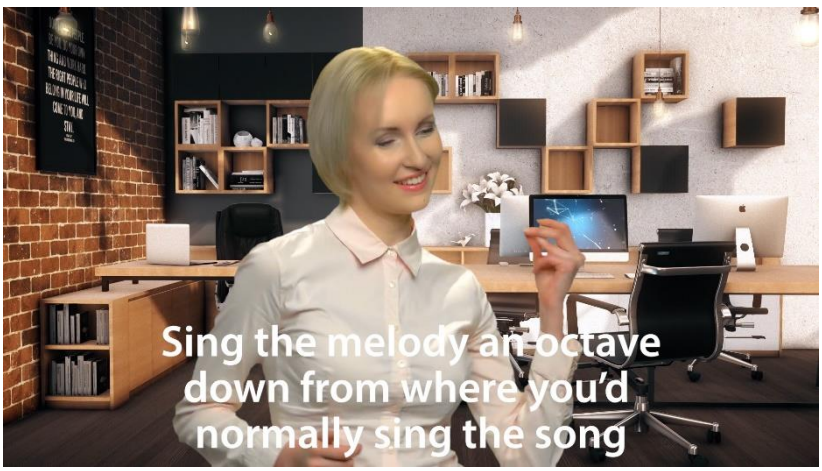
But finally, as we're talking about relieving tension today, many people love listening to music as a way to get rid of stress, and that's fine. But what I'd like you do today and from now on is to THINK BASS!

When you switch on the radio and sing along to your favourite music no matter what type of music you enjoy, sing the melody an octave down from where you'd normally sing. THINK BASS!

And if you're musical in any way, and can identify the bass line of a song, sing that instead; be a human bass guitar or bass synth. If you like orchestral music, hum the cello line or double bass on the score.

You'll find yourself enjoying less tension plus developing a natural deeper, more resonant voice as well.

So THINK BASS!
See you tomorrow and take care.



DAY 3 – BREATHING

Hello and welcome to Day 3 of this course to discover a better speaking voice that is deeper, richer and more interesting to listen to. So far, we've discussed resonance and tension.

Still to come - posture and health issues, as well as confidence - and on Day 7, we'll bring everything together. But please don't skip to the final chapter now; you need to take this course a single step at a time – watching the videos each day and doing the activities assigned for each day - to obtain the maximum benefit from it. Rome wasn't built in a day, and neither may you get the perfect voice you wish after 7 days, but what you WILL have is the knowledge that your voice is on the right road and direction for improvement, and you'll have the tools and techniques and exercises to better your voice far further over the weeks to come.

Before today's main subject, here's another resonance exercise I'd like you to try. Remember in Exercise 5, THE BIG YAWN, I asked you to really stretch open your mouth as well as raise the roof of your mouth, your soft palate? Learning to use your mouth properly during speech really helps to get rid of any nasty nasal sound in both speech and singing, and for this exercise, number 16, called "HANG-AAH" you'll find out how important this is, as we're going to make some sounds this time.

So I want you to sing a low note with the word "HANG". On the "G" of "hang" you'll find you'll have to LOWER your soft palate to say this word, so that makes most of the sound come out of your nose. You can prove it by pinching the nose and it cuts the sound off!
So now change from singing HANG to AAH, and to sing this word, the soft palate has to rise. Now pinching your nose doesn't make any difference at all; the whole note is coming out of your mouth and sounds richer and more mellower as it bypasses the nasal area. Here's me doing it. HANG followed by AAH.
So have a go yourself doing HANG-AAH and pinching your nose.

How about that? Magic eh? Of course you're not going to worry about raising your soft palate every time you speak, in fact if you raise it too much and worry about it, you'll create tensions in your mouth and neck which we don't want at all.

So please do this exercise daily and discover by reading aloud in a voice that is slightly deeper than your normal voice pitch that by raising the mouth's soft palate – and you can "set it" by going "AAH" before each sentence how it can be comfortable to maintain this sound, without becoming nasal.

Just experiment moving around the positions of your jaw, tongue, the soft palate in the roof of your mouth and your larynx and you'll find even small changes can produce big differences.

Right! Let's move on!

Today, we're looking at breathing, a huge subject in itself; indeed there have been entire books and courses written just on breathing; but if you're not planning on becoming a professional singer, actor or professional athlete, I'm going to give you some simplified techniques to help you obtain the improved voice that you're seeking.

In very basic terms, you need to get into a good habit of breathing deeply and effectively to be able to have a flexible voice that can project a resonant and deep voice.

It's obvious when you think about it, the reason WHY we breathe is to bring in vital oxygen to feed our bodies. More oxygen = better performance and health.

Look in a mirror and take what you consider to be a deep breath in. If your shoulders rise, that's not actually a deep breath. That was a shallow breath and if you're only using the upper part of your body, you're adding tensions to the vocal cords and neck area as well as not powering your voice with the right essential fuel. It's an inefficient use of your wonderful respiratory system. It's like you haven't found that hidden "Turbo" button on the dash of your car yet! So continually breathing shallowly, how on earth can your voice ever be rich, powerful and deep?

Shallow breaths from the chest don't offer as much power of air to the vocal folds to vibrate, and thus there is less energy to resonate. The result? A lightweight wimpy voice. Plus you'll pepper your sentences with annoying little mini breaths because you've simply run out of air.

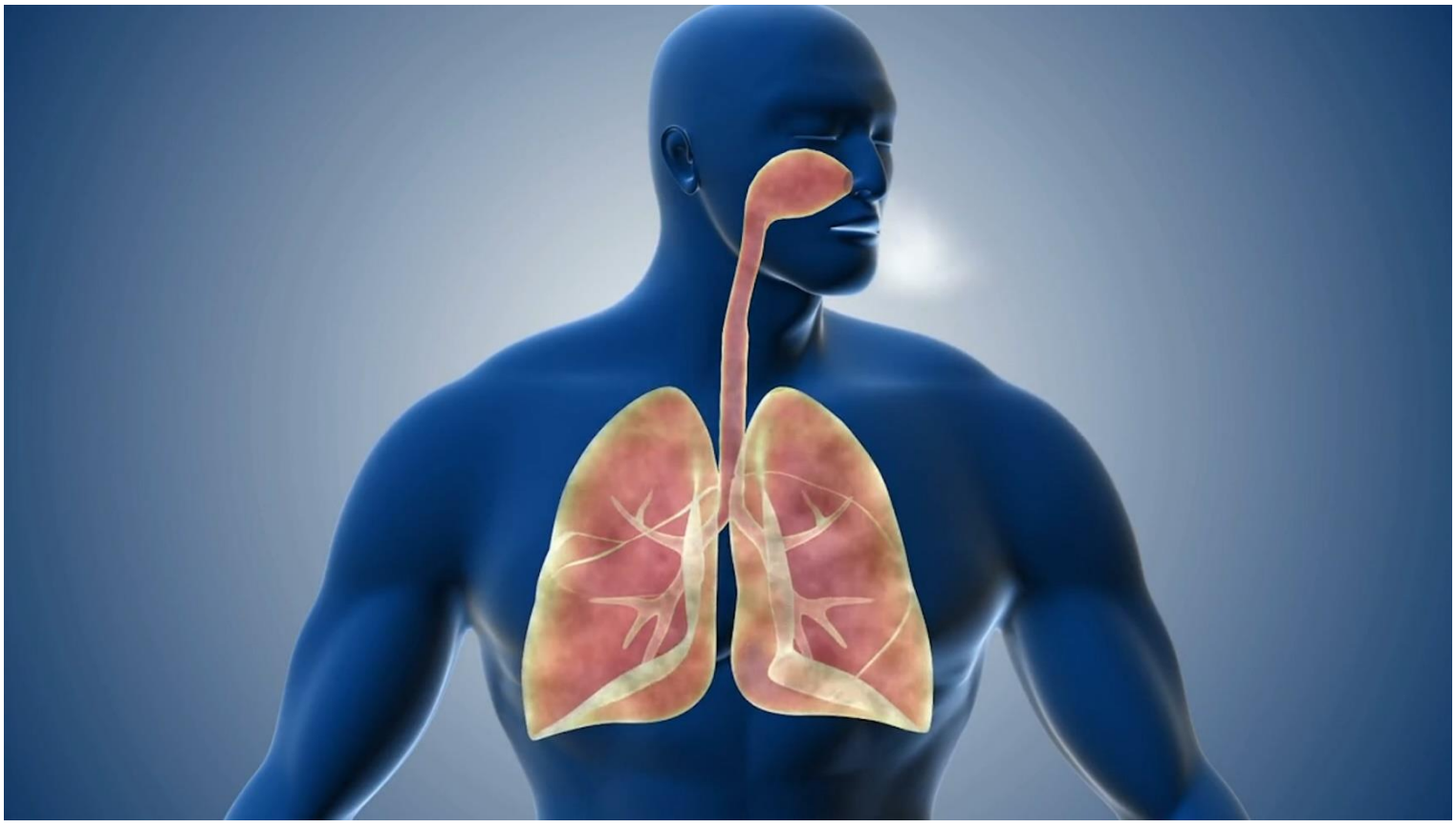
Even worse, when you run out of air to power your vocal folds, those folds push together and you end up giving that nasty "vocal fry" sound that can annoy many people with its harsh attributes as well as doing harm to your vocal folds.

Most people to be honest are pretty lazy when speaking; they take shallow breaths all day and their voice suffers. Even if they have a naturally deep voice, shallow breathing can cause the Curse Of The Cloud Voice!

The Cloud Voice is one that is mellow and warm, and one that you'd hear on a chocolate TV commercial with soft piano in the background, it sounds fine when you're in a very quiet situation, say a recording studio with a microphone close to your mouth – but in general life the Cloud Voice is just that, fluffy and without any edge.

So it's difficult to listen to and for everyone else, it can be just plain annoying and sound like you're actually mumbling. To fix this, it's not just a case of speaking louder; volume will improve the Cloud Voice but it needs to have some "bite" in the sound to cut through and also if you're a guy who want to sound more manly, any depth has to have a bit of growl or attitude mixed in with it too. So if you feel you have a fluffy nebulous "Cloud Voice" that has depth but little bite or clarity, you need to do some enunciation exercises, like the Exercise number 10, Q-E-Q-R.

But to be honest, you won't see much improvement, until you fix the breathing.



So – let's learn to improve our breathing habits, and also improve our voice and general health. We all need to use the whole of the breathing system, using the stronger muscles in the diaphragm are to help release the throat and open up the sound to give us a far better speaking and if you do this, your singing voice.

If you ever get to be a professional voiceover artist like myself, you'll find yourself having to maximize the amount of words on your script you can read before taking another breath, because quite often clients insist that breaths are actually cut out of the final voice recordings, to save time in a TV commercial script or for style reasons. For powerful voiceover reads, deep breathing and efficient use of breath is a must.

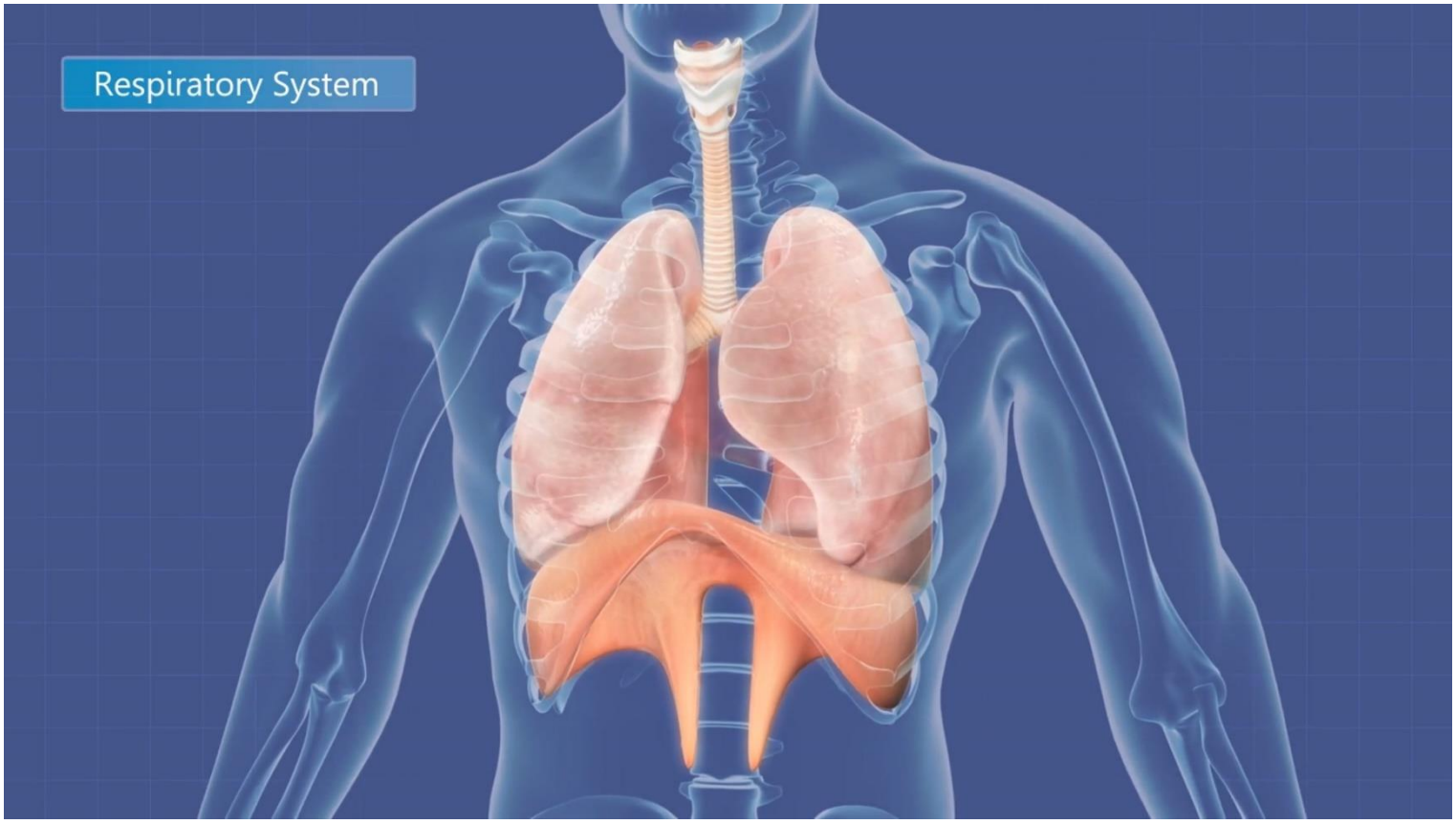
But this is, in fact, the case for EVERYBODY looking to improve their voice and to get a deeper and richer timbre of speech.

Are you're near a full-length mirror? Stand up by the mirror and put your hand on your belly. Now breath in deeply, hold for a few seconds and release. Just feel that belly go in and out. What's that? You can't feel anything move? Then you're still shallow breathing into the upper chest only! I bet your shoulders are going up!
Right, let's do the SHOULDER FREEZE, Exercise 17. Even though tensions are bad, you need to force yourself temporarily to keep your shoulders frozen in place; just hold them there. Don't let them move!
Now, force your tummy muscles to bring in air to expand your belly then use the muscles to force it out. Really feel your hand going in and out as you breathe.

Remember, don't move the shoulders or hunch forward. Tensions are of course bad, but at this moment, it's a necessary evil so you realise the importance of keeping your shoulders frozen still and simply breathe deeply in and out – about 5 seconds for every inhale and exhale - feeling with your hand your belly going in and out. Once you've done this for a few minutes, un-freeze your shoulders – just relax them - and see if you can continue the deep breathing and feeling your hand go in and out on your belly without the shoulders going up.

So do the SHOULDER FREEZE exercise (Number 17) for a few minutes – remember to keep your shoulders still and don't hunch as you take these abdominal breaths.

OK, the SHOULDER FREEZE is just for today, to show you if you have issues with your shoulders moving as you breathe deeply. We'll return to the belly area and a great exercise you can do daily, soon.



So let's discover a bit more about how you breathe. Here's the air going in and out of lungs on our animation, but as none of us have X-Ray vison, how can we see what's going on with our OWN breathing easily?

So I'd like to show you a technique called The Bubble Guide; exercise 18 on your sheet. This is where you get a large glass of water or a glass vase or something and you use a drinking straw to blow bubbles in. This way you can see the rate of bubbles and you can time how long each breath can sustain this rate of bubbles.

Now, you can't do this too much or you can get pretty lightheaded. This is a very useful general guide to your lung capacity. Use a bendy straw or blow at an angle so you aren't awkwardly bent over the glass which would restrict airflow.

So if I take a straw and place it at the bottom; take a deep breath and blow, there will be a certain rate of bubble where the bubbles are all simply separated and not just a bubble blur. Recognise what this point looks like and that's the rate you're going to aim for. Everyone will have different sizes of drinking straws and glasses but that doesn't matter; you're only going to measure against yourself.

Take a big breath and blow consistently so you get that flow you need for the bubbles to just look separated evenly, and time how long it takes for your breath to completely run out.

Mark down the time it takes to exhale your whole big breath. Next, we're going to look at increasing your lung capacity and then you can try the Bubble Guide again, to see if we can extend that duration of seeing the even constant bubble flow.

You probably have head that the key to effective deep breathing is to "breathe from the diaphragm". Loook at the picture above. Here is where the diaphragm is, under the lungs, doing its thing.

Just to be absolutely sure you know where your OWN diaphragm is, have a feel for it now; it's just below the rib cage. In fact right now please, place one hand on the diaphragm and just punch out some "oh" sounds and make sure that you can feel the diaphragmatic muscles moving in as you punch out sounds from your mouth.

You need to feel this and you can be sure then you are engaging your diaphragm properly making these sounds. Many vocal instructors say you have to speak or sing "from your diaphragm".

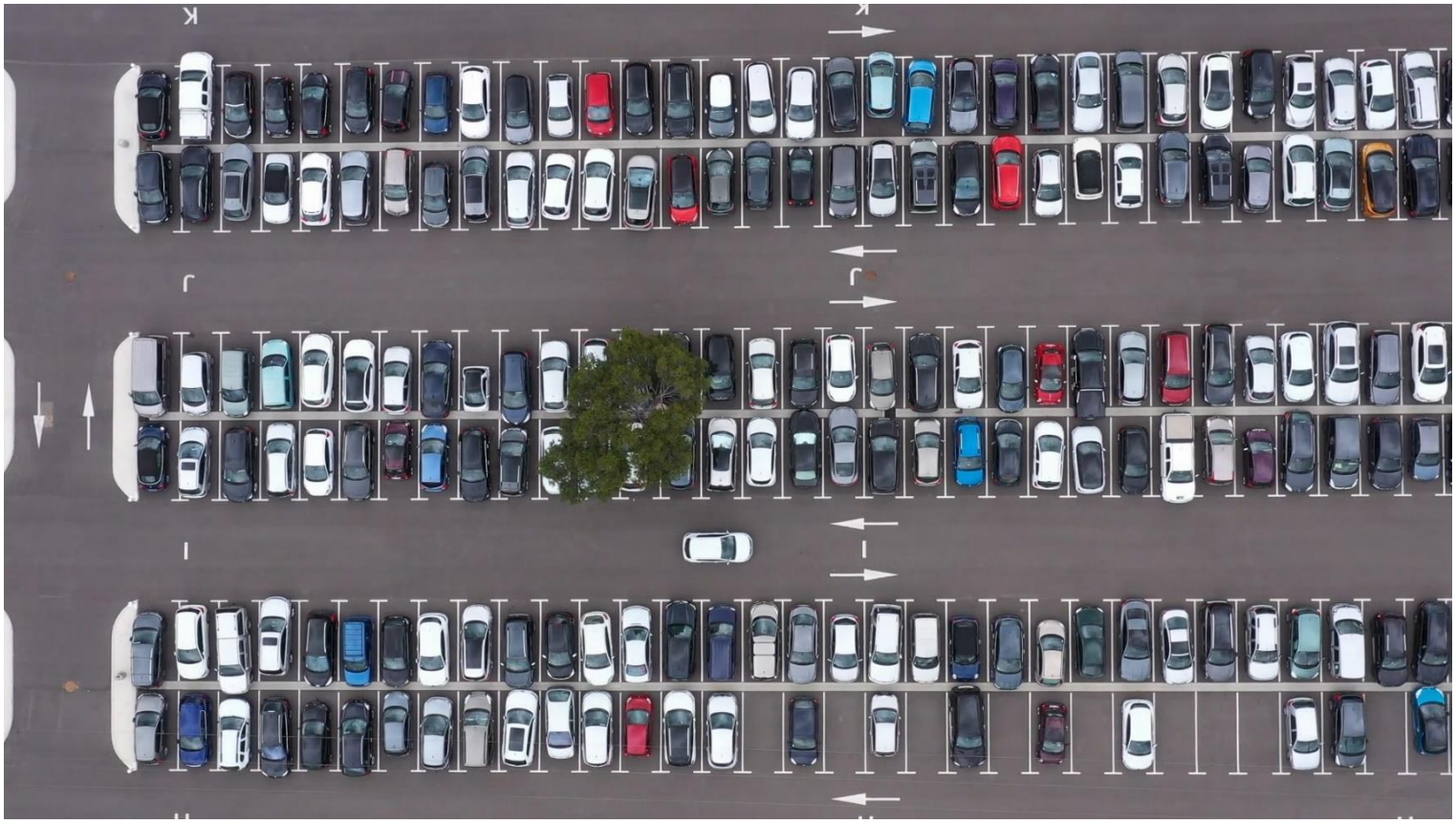
This advice can be misleading really as the diaphragm is actually a big skeletal muscle that we can't control independently at all. It's the thing that spasms when we have hiccups, and as you know hiccups are involuntary, so we can't actually sing from the diaphragm or ask it to do anything else, actually. But what we CAN do is to

exercise our lungs to be more efficient and forceful which then makes the diaphragm flatten and thus make more internal space for our lungs. The diaphragm, although it's not exactly "spring-loaded", can then assist in pushing the air out with force if required.

That expelling air then helps the vibration of our vocal folds and that sound is resonated in the whole of the mouth and nose area. More resonance = a better realisation of a deeper voice.
So "Breathing from the diaphragm" really means using the full capacity of the lungs, in the depth of our tummy and not just lazy shallow breathing.

Exercise 19 is called DIAPHRAGMATIC breathing and you need to have one hand on your chest and the other one on your belly. The idea is to breathe in, through your nose, not the mouth unless you're bunged up with a cold. Now here's the scenario that I hope you'll remember.

Pretend you're in charge of a long carpark. Just stay with me on this, will you? In your car park, you tell the arriving cars where to go and there is only one entrance at the top. So, you have to fill the lower parking lot section with cars before you start filling the top section. OK? So, look at yourself in a mirror. If you see your chest rising first, that's not right. Your chest should stay still. It looks like that you're filling your upper car park first. Fill the lower carpark, then when it's full, then open the top car park – and do this for every breath. This may seem a right kerfuffle at first, but honestly, once you get into the habit of naturally deep diaphragmatic breathing, you will benefit so much for having available air to feed your new rich, resonant voice.
Please have a go at this technique keeping one hand on your upper chest and the other on your tummy. Don't forget, you need to fill the lower section of your lungs first.



OK, so we're pretending to fill a long car park with the lower sections first before filling the top section. It's so important to get into the habit of filling your lungs in the lower sections first. Of course, in reality when you blow up a party balloon you can't fill ANY section of it first, and although the human lung is a far different shape, it's more of a psychological trick to think about filling the lower parts first before filling the top parts, that leads to a fuller set of lungs overall.

Now, here's the thing… does the body ever use the full lung capacity without us trying? Well yes!

In fact, when we're running or doing any cardio type exercise, our bodies will naturally want to get the maximum amount of oxygen in, so our bodies will use our full lung capacity there, without even asking us.
So, one thing you can do now is to do some jogging on the spot. Please, no excuses about you don't like running round the block, you're not a member of the gym, or it's wet and cold outside! Simply do a minute of running on the spot if you like and make sure that you are breathing fully from the diaphragm. So, do that now, and come back after the minute of running on the spot or go for a run outdoors if it's convenient.

Right! Now if you're very, very puffed, then wait a few minutes and don't do this if you're light-headed, but try the bubble test again, and see if you can get a longer time on one big breath. I bet it will be longer, in other words you have increased your lung capacity. Write down the time on your sheet!

Welcome back. We can all improve our lung capacity by doing the diaphragmatic "car park" exercise every day, and also by simply doing more cardio work like running, cycling or swimming.

So how can you get better at this diaphragmatic breathing? How can you strengthen the muscles that can do this for you? An easy way is to do the HISSING SNAKE exercise, number 20. You put your hands on your belly and hiss quickly while pushing out as much air as possible through the teeth and making sure your belly goes IN as much as you can make it. Do this 20 times a day.

Exercise 21 is called the Bike Tyre and only do it if you're really fit. Simply breathe in what you feel is your maximum breath and hold it. Now pretend that your lungs are really a bike tyre that you're inflating, and when you do that, you stop pumping, don't you, you feel it and you know you could pump it up a bit more, so still keeping that air you initially sucked in, you suck in a little bit more. But the tyre on the bike is still not fully stiff! So you take in another tiny breath. Wow, I bet you never know your body had such capacity. Another inhalation? Try it, a little one? Then when you know you can't suck in any more air, then gradually exhale. Of course, you'd do all this in seconds, not in the time that I've been talking about it.

So try this technique now and really try to fully fill your lungs. If it hurts or is uncomfortable in any way, stop. If you're up to it, use the bubble test and see if you can extend you time exhaling those bubbles at a consistent rate. Remember that you're not looking to get instant results from doing these exercises, over the weeks as you get fitter and fitter, you'll find when you test your lung capacity by using the Bubble Test, your time of constant bubble stream will get longer and longer.

So,, if we don't have muscles that work our diaphragm but do to operate our lungs, can't we do workouts on those muscles? We can, and in fact professional mountaineers and fighter pilots use "high altitude" training masks to do just that. These go over your nose and mouth and you can adjust the airflow in and out to make your muscles work harder to get air in. But for what we're doing, I don't recommend these devices; here's a much simpler way to work out your lungs.

I assume you are reasonably fit with no underlaying health conditions.
What you can do to exercise your lung muscles, is to breathe in and out with your mouth shut and holding one nostril down, so it cuts in half your air input. This will be enough restriction for you to feel your muscles that work your lungs get toned up. So pause the video and do this now please. Close the mouth and close one nostril and go for the big, full inhalation again, filling your lower "carpark" first. Breath out via the mouth and rest a good 10 seconds before repeating. Don't forget to stop if you feel at all dizzy or unwell in any way. Pause the video and off you go. That is Hold That Nostril, exercise number 22.

I'm sure you're learning a lot about what your body can do today! Finally, I'd like you to stand in front of a large mirror in just a shirt or with no clothes and watch your body carefully to see what happens when you breathe. Look carefully at when you're breathing normally, when you take a deep breath, and when you breathe out. Are your shoulders still rising a litlle as you inhale? Make sure that you breathe all the time from the diaphragmatic area and fill up your lungs completely as we did when filling up the car park, with the lower zone first.

The good rule of thumb is to only speak when you can see your tummy is going in, in other words when there's plenty of air in your lungs. You obviously can't look at your tummy all day, but you'll get the feeling when you're doing it right. You wouldn't drive a car around with only a tiny amount of fuel in it, would you? So fill those lungs!

I'd like you to do another exercise now to realise that when you breath deeply and diaphragmatically, it's not just your belly that needs to go out and in. Everything is connected, and it's also important to expand horizontally as well! The diaphragm connects to the ribs so stand up and please put your hands on your hips and make them secure.

Take some deep breaths – and this time just notice how the sides of your body are expanding. You can forget for now about your shoulders or belly at the front as you're experimenting with what will expand out your sides. One side may come out more than the other and there's no issue there, but as you get fitter and more flexible, your deep breathing in will also expand the rib cage horizontally to help maximise the air in your lungs to assist the power and depth of your speaking voice. So do the RIB EXPAND exercise, number 23 now for a few minutes.

As time goes on, not only will you be able to expand your ribs horizontally more, but you'll be able to do so without raising your shoulders and doing it will become a subconscious good habit that will increase your voice and general health enormously.

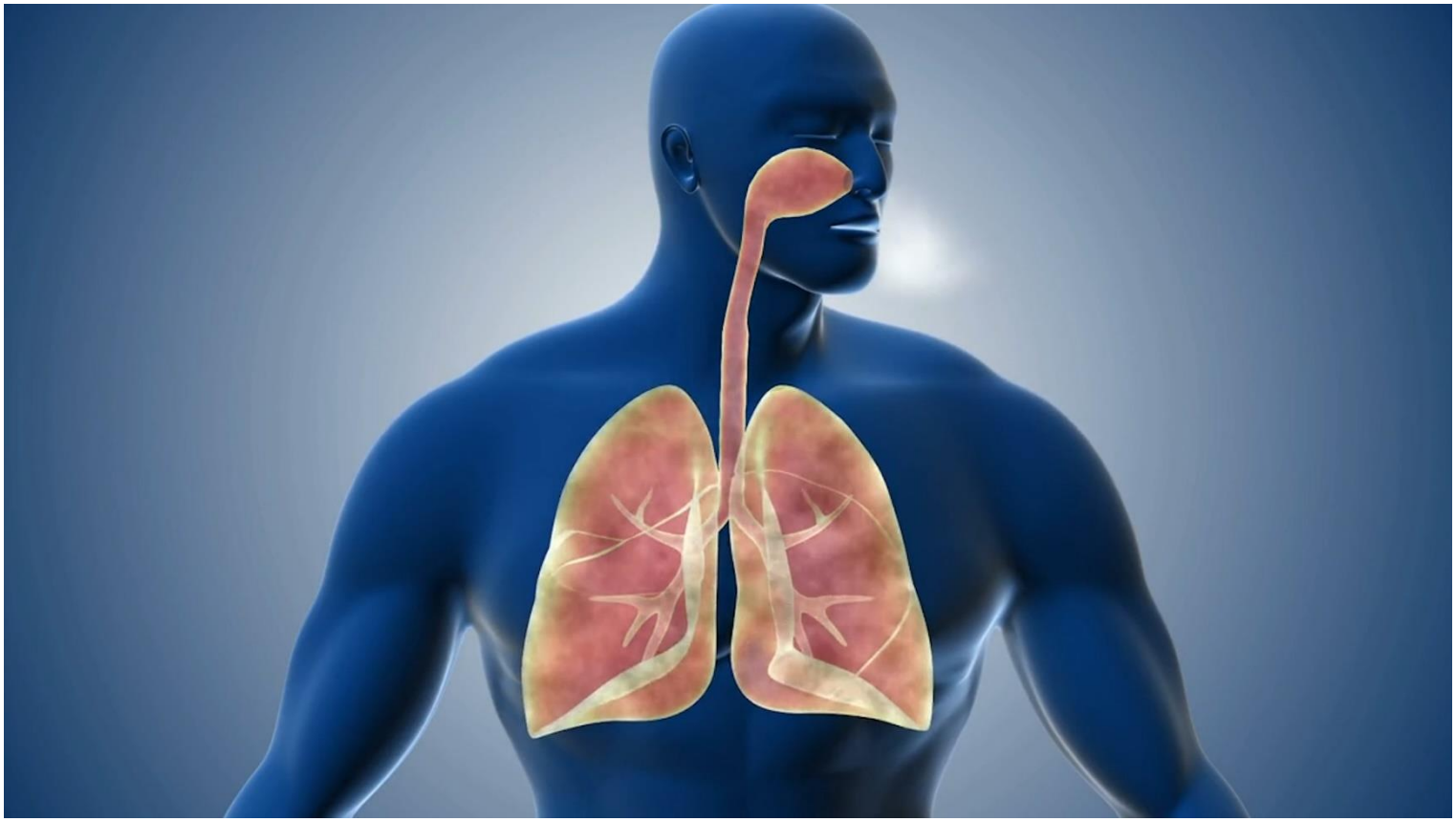
As well as helping your voice sound better, decent deep breathing also is much more efficient from the point of view of bringing oxygen into your blood supply, and simply makes you feel healthier.
Secondly, generally, you should always be breathing through your nose. Why? As well as filtering nasty particles from the air, it also warms any cold air coming in much more effectively than it going straight into your mouth, and your vocal folds will very much appreciate that.

The other thing to say about breathing, is that you shouldn't think about it too much, or else it will, well, freak you out, man! Your body is perfectly capable of doing everything automatically, so once you have got into the habit of deep diaphragmatic breathing, your body should automatically take over.

It's only if you got into a really bad habit of shallow breathing, that you need to reprogram your body again. Breathing, is simply to supply oxygen to the blood, as well as providing the air to create our voice. The more air, the bigger potential for a richer, deeper voice. It's as simple as that.

Todays' tasks! Today you need to do everything for the last two days and today we've added number 16 to number 23. You don't have to do everything in one big session; split it up if its more convenient, but regular exercise will help you improve your voice.

OK that's it for today, I hope you've found all this useful. There's so much more to get through on this course; tomorrow we'll work on posture together and then it's and we'll also cover holistic techniques for "Speaking with your whole body" as well as looking at confidence issues. Take care, good luck with the exercises and see you tomorrow.



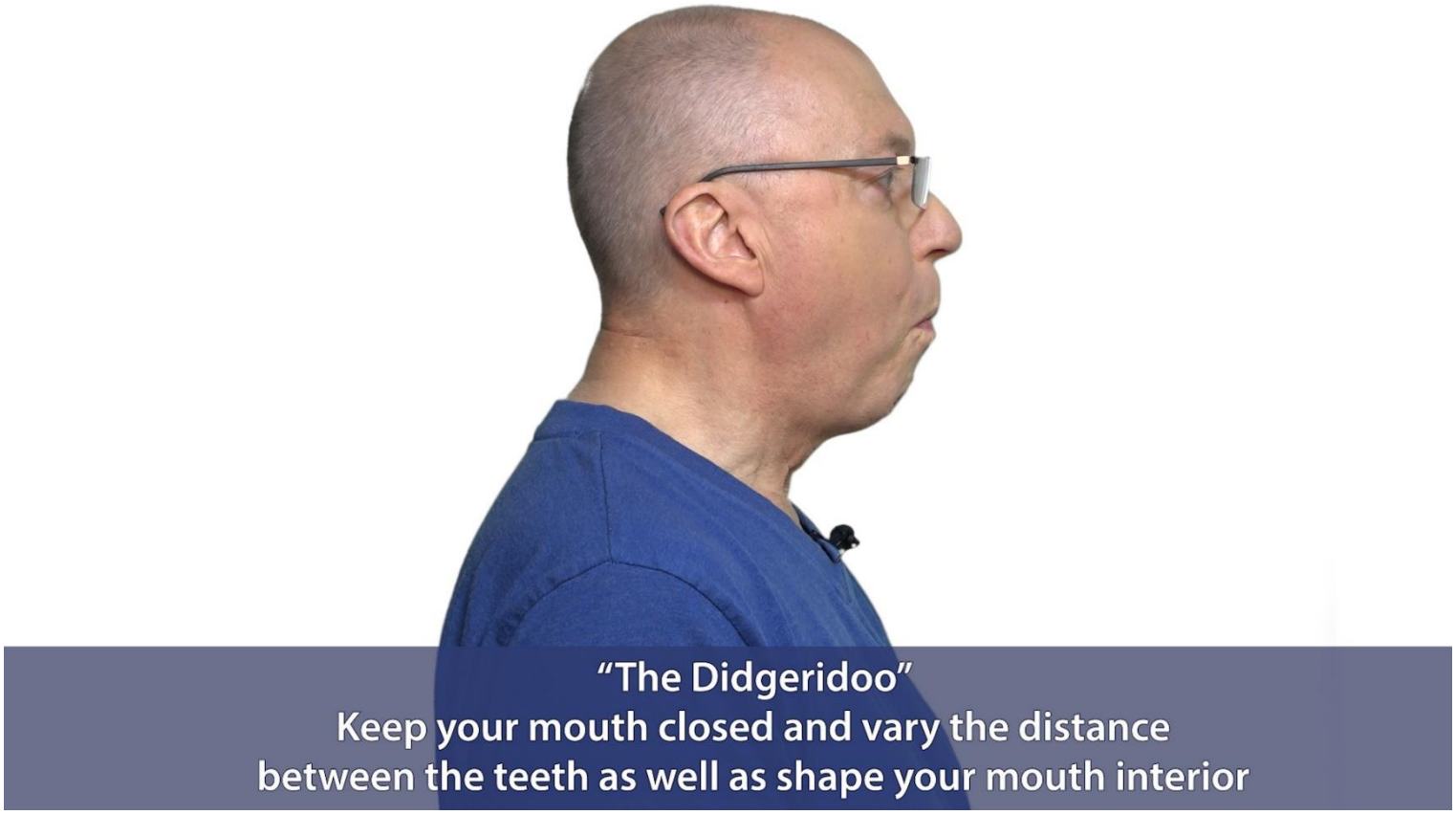
DAY 4 – POSTURE

Hello, Peter Baker here with Day 4 of your course on our journey to develop a deeper, authorative, more commanding resonant voice. I hope you are watching these videos in order and doing the exercises as well - and are seeing some improvements.

The activities that you need to really pay attention to each day are the first five on your sheet, the resonance ones we started with. The gentle internal mouth stretch together with the Chest Test to hear that new mellow sound you can make by lowering the larynx; and to practice the "Sentence down The Scale" without hurting the sensitive voice box and also to get some power and resonance from this deeper voice will really pay dividends, as well as general stretching exercises of the soft palate such as the Big Yawn.

Here's one new one for you now. Number 24 – The Didgeridoo, is where you have your mouth closed. You need to hum a note somewhere in the lower part of your natural range, but I want you to keep your teeth closed together; not too tight to invite any tensions, but together. Continue humming with the mouth closed, but now open the teeth inside your mouth, as wide as you can.

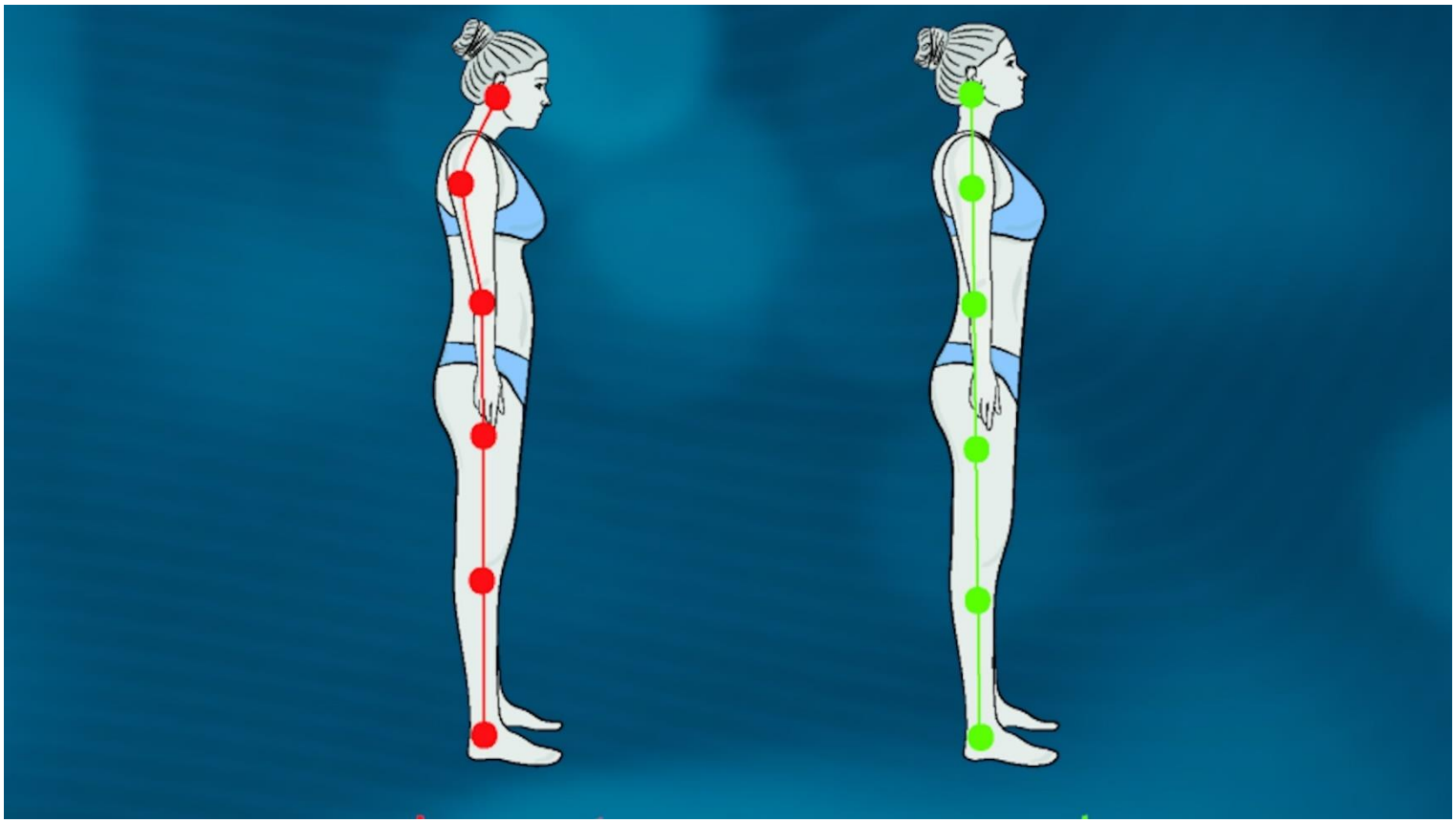
Yes, this is where the larynx drops and you'll feel that nice mellow sound. It's the same as Exercise number 1, THE CHEST TEST. But the variation is that now you're going to continue humming on that same monotone note, with your mouth still closed, but vary the distance between the teeth as you hum. Discover what particular opening gap produces resonance and in what parts of your head. Move the gap around and even pretend to chew if you like, you'll sound a lot like the Aboriginal instrument the Didgeridoo.



This is a simple wooden tube blown with the lips and uses the controllable resonances of the player's vocal tract to create its unique sound. But hey, you don't need the actual instrument here. You'll be doing what the player of the Didgeridoo does but without the amplification of the wooden tube. So have a go discovering your own internal Didgeridoo!

Another really important element of resonant voice production is POSTURE, and that's the main subject that we're looking at today. I'm sure that as kids we've all been shouted at by our parents to sit up straight and not slouch, and they were of course right. Sitting too long in one position in a badly designed chair for example gives you neck tensions, a bad back and a host of other ailments, none of which are good for voice production.

The way that we stand, or sit, has an absolute important and direct effect on our speech. If you have a go at talking deliberately looking down at your shoes, you will find yourself ending up mumbling, the matter how loud you try to project, try it now – look down as far as you can and you'll see everything is restricted – it's an awful position. So always look directly forwards make sure your chest is held out with your shoulders slightly back and down, and remember the hold yourself tall.



Look at the alignment above to the left. It looks OK and if you met this person in the street, you wouldn't say, "Hey, why are you slumping around today?" or anything, but the issues are in the upper body. They are small but very important. The neck muscles here are doing a heck of a lot of work to support the heavy head, and are calling on their muscle friends who support the vocal cords to help out! That's why we did the SCM stretch exercises on Day 2, to tone up the neck muscles.

But hang on, wouldn't it be better if we gave the neck muscles less work to do? You bet!
If instead of this bad body alignment, we moved the head back and the shoulders forward, look at the difference it makes! Look on the right hand side. Slight curves in your shoulder blades and in the small of your back are fine, but a straight line is what you're aiming for when standing.

Now, it's fine looking at a diagram, but you need to work out yourself how to get your own body aligned. Now what I'm about to suggest is not a substitution for seeing an expert who can align you properly and give to you personal tips, but stand with your back against any straight wall. Make sure your heels are about 2 inches from the wall and press yourself against it. Can the back of your head touch the wall without hurting? Are your shoulder blades and buttocks also touching with even pressure? Can you put your hand easily in the gap at your lower back?

You see, you need to give your airways a fighting chance to push that air through your vocal folds and to project a good, strong, resonant and rich voice. So today, think good posture. If you find it's very difficult to keep good posture without getting a bad back, or you simply can't hold it, there are various gym techniques, using those huge exercise balls and so on, to improve your posture.

Or ideally, go to an expert at a Pilates or yoga class. An experienced yoga teacher will be able to give you personal advice on your bad posture habits and how to use yoga techniques to gently correct your issues. But once you've learnt the right posture for your own body, you have to really work on it to break the bad habits you've had in the past to create a new habit to be continually aware of how you're standing and sitting all through the day and to be in the optimal alignment.

Yoga is also well known for helping calm anxious minds as well so can help if you have tension issues. All these changes to your lifestyle and the way you use your body can contribute to the depth and richness of your speaking voice.

Good posture reduces muscle strain by keeping bones and joints in their best alignment. Decreases the abnormal wearing of joints and strain on parts of the body such as ligaments, and strain on the all-important spine.
You use less energy with good posture as you're using your body more efficiently as it battles against the Earth's gravity.

Good posture helps prevents joint and muscular pain and headaches, as well as gives you a much more positive and confident appearance to other people.

Good posture + a new deeper, rich voice = a fantastic new you!

Isn't that worth going for?

First of all, if you stand up and you're asked to "improve your posture", what do you do?

Most people think like a soldier and arch their spine, lift their body up and pull their shoulders back. This isn't ideal at all.

So first, imagine you are a puppet, with a string going from the middle of your spine right between the tops of your shoulder blades through your head so in effect the string is connected to your head. With gravity being the puppet master, go floppy a bit like a puppet, you'll see what parts of your body are being pulled down.
Now you take control. You are now the puppet master. Imagine that you are being lifted by the string in the opposite direction, completely negating the forces of gravity, but, and here's the important thing, not adding any more pull. So this is our exercise number 25 "The Puppet".

If you think like a "puppet on a string" with a string attached to the top of your head and that you're being suspended, this changes things a lot for the better. With your head being "pulled up" you can lower your shoulders and reduce the tension there. Your whole body feels better and you can breath easier as well, giving much more manoeuvring room for voice control.

You can remember this technique when standing and sitting, and a tip you can follow is to set an alarm every hour on your phone to remind you to check your posture.

Many people can understand the “puppet on a string” idea, but just can’t do it in practice as they want to pull their shoulders up and strain too much. Here’s something that may help. These strap devices are simple and inexpensive, and they really work, search for Posture Corrector on Amazon, or wherever. They usually are all one size with Velcro and you tighten them a little more each day.

You don’t have them on during exercise, sleep or at meal times and you start with an hour a day, building up to 2 or 3 hours a day, but after few weeks you really learn to improve your upper body posture, giving more space for your lungs to expand in and vastly improves your voice and also for many people, their confidence. I really recommend these devices.

Other tips I can give you?

When you’re sitting, a good supportive chair is a must and not a nasty moulded plastic chair where you keep on slipping down, like above. On a chair your shoulder blades should be touching the back of the chair, and your lower back must be supported, and I have back pain sometimes, so I use a back roll to support my body when sitting; I have one of these when driving the car, or else I get pain after about an hour of driving even if I’m careful not to learn forward over the wheel.

Now when sitting, ideally the angle of your thighs and lower legs should be 90 degrees. Also your feet should be flat on the floor, so a good adjustable and comfortable chair is a good investment if you’re setting up working from home and you don’t want a lot of pain in the long run.

Also if you're working at a desk on a computer, it's important to think about ergonomics; in other words, to set up everything so you're not stretching out too far down or across for your keyboard, and your eyes are at the right level to look at your monitor. This can be a real issue for laptop users where often the screen is stuck with the keys, so you may need to find a compromise.

But if you spend all day looking down at the screen, make sure you're not leaning forward with your neck, causing tensions and not just giving you pain, but undoing the great work you're doing on this course to open up your posture, and give your lungs maximum working area for your newer deeper voice. The human head is very heavy, and the forces on your neck muscles get bigger when you lean and angel forward, so watch out.

If you do find yourself leaning forward "doing the turtle", either at your desk or driving, where you have the habit of being hunched over the steering wheel, and getting some neck pain, then you can try to align and to reset your neck by gently pulling your chin back, giving yourself a double chin.

Just hold this for 5 seconds and then release. Then a few more repetitions. This is exercise number 26, The Neck Tension Reset. You may also like to give yourself some shoulder massages as well to release the trapped and tense muscles. But ideally, you shouldn't need this if you set up your workstation's ergonomics OK and you take regular breaks.

Posture and alignment is so very important to the voice and this was one of the main reasons why when I was younger I had such a light voice.

I only managed to see that I did have the capabilities to produce a much deeper more resonant voice after I corrected some really bad posture issues. But even small changes can create big differences, they really can.

When I'm working as a voiceover I know how I can perform far better for any "movie trailer" style scripts and acting jobs when I'm standing up and I get into a good full body alignment.

Day 5 – SPEAKING WITH YOUR WHOLE BODY

Hello and welcome to Day 6 of our course. I really hope that you're getting a lot out of the videos and all the tips and exercises we're giving you.
Today I'd like to share with you the concept of "Speaking with your whole body". It is a concept of course, as you aren't one big mouth, are you? Other parts of your body are also sort of important to you as well, like, er, keeping you alive!

But it's an important concept, especially when you see some people half mumbling speech with poor body language and it's no wonder they don't impress or inspire others at work or play. We're talking "whole communication" here. People generally need to project more in conversation, upping the volume and targeting who they're speaking to.

By speaking even slightly louder, this will use more energy so it will force you to be more efficient in breathing and resonating your voice. You should be in a state of relaxed concentration when you talk, and not be tense holding your belly in. Remember to breathe from the diaphragm as we talked about on Day 3, and your breath should power its way up from the belly through the chest and out of your mouth. If you can imagine this happening to you, this will really help a lot.

But it's all more than just the audio waves your listeners are getting. Good communication, where you fully engage with the people you are speaking to with warmth and expression and empathy is far more than just the words you are saying.

So let me go through the different parts of this.

The mouth. Yes, obviously this is where the sound comes from, and the exercises we've discussed will help you lower the tone, reduce nasal overtones or harshness. The resonant areas will amplify the vocal cords vibrations and add richness.

The lungs. Doing your breathing exercises will give more power to your voice and will negate mumbling as well as the need for annoying mini-breaths in the middle of phrases.

The eyes. Try to give good, friendly eye contact with the person you're talking to. There's no need to stare or to be weird; but without that eye contact, you're giving the subconscious message that what you're saying is not important or simply that you can't stand the look of the person you're talking to. Get some sparkle in your eyes to help the communication!

The brain. Use the tricks and tips in the "Confidence" section we're doing on Day 6 to help you deliver the whole package well, when you're with others.

Body language. If you've got something to say, say it with the body. Have a solid positive posture and smile if it's not "doom and gloom" that you're imparting. Don't fiddle with your phone or have any distractions. Give the person you're speaking to your whole attention; it's rude not to!! Remember the best speakers are also the best listeners too, so get ready for the responses!

Body Language, together with the appropriate tone of your voice is extremely important. People often worry too much about the choice of words they need to use in certain situation, when often the correct stance, attitude and body language of the emotions you want to convey should come first, and the words will follow. Often the choice of words matter least if the reinforcement of the body language and tone of voice don't match it. After

you've experienced a rousing speech or presentation; you'll far better remember the way you felt than the actual words that were used. True? Absolutely!

So do you see how you can "Speak with the whole of your body?" I'm not suggesting that you get all theatrical over this, as if you're constantly projecting to the seats in the Upper Circle, but there are some good techniques that actors use and voice actors like myself use to make speech more interesting.
After all, what's the point of a rich resonant voice, when the tone is actually a bit flat even when you're talking about something very interesting?

I'm sure you don't speak in a completely monotone way, and I don't want you to sound artificially excited like a 1980's radio DJ, but most people could really do with adding some intelligent modulation their voices. Humans don't communicate well speaking in a monotone, that's why when computers started to speak, we had to add some modulation into their circuitry.

You know the "legal lines" spoken fast at the end of radio commercials, often they are deliberately spoken not just fast but monotone so that they pass the legalities of being in the advert, but the ears of the listeners hear the words but their brains don't take it in.

Even in serious and even sad situations, your speech can still be interesting and full of modulation to make it easier and more pleasant to listen to.

But it all depends on the situation you're in. If you're giving a business presentation or giving some training, high modulation and depth and colour; light and shade are essential so that people will stick with you so your messages come across effectively. A monotone voice here will turn people off you, they'll fall asleep or just lose interest.

However, if you're with your partner and you want to turn up the sex appeal, here is where a deeper and often more monotone but solid, relaxed and reassuring voice can score.
So if you've nailed the "monotone" sound for certain situations, how can you add interesting and appropriate modulation into your speech for everywhere else.

So how can speech be more interesting to listen to, and be generally better to get across information? A good way to start is to emphasise certain words in your speech. Which ones? Well, first feel some passion for what you're about to say and the emotion should drive the words that will work well when emphasised. You may have got into the habits that many schools teach kids when they start reading; to make the pitch go down at the end of a comma and a full stop, or period.

That's fine if you're the narrator of a TV documentary or giving evidence in court; but in conversation you'll sound depressed and sad.

"I've just won the lottery" going down at the end sounds sad!

For questions, humans usually go UP in tone at the end of the sentence. I do - do you?

Of course you don't want to "go up" at the end of every sentence, especially to slide up like Moon Unit Zappa did with her Valley Girl style of talking, but in conversation, you're less likely to be interrupted if you stay "up" as your listeners will know psychologically that you haven't finished speaking yet. Go down at the end of sentences, it sounds like you have. So if you desperately don't want to be interrupted in conversation, finish sentences on an upper note, and when you've finished, THEN end your last sentence going down in tone, to give the psychological cue to your listeners that they can respond.

The other thing to do is to check the attractiveness of your "speaking melody"! If the melody sounds enticing the words spoken will sound enticing too! Don't say words but humm the "notes". So by analysing a sentence you can see the "melody" you're giving it. Change the "tune" and see where it gets you.

You also need to vary the volume and speed of your voice too - as these things are appropriate to what you're talking about; you need to make your speech more interesting to the listener's ear!

Now of course, you're not going to write a script for all the words you're going to say in the day ahead of you in all situations with people and study and learn it and improve it before speaking it are you? But by understanding your own speech patterns and how others receive the information from you, will go a long way to improving your own communication skills, and everything WILL become second nature.

So if you'd like my top tips and bullet points from this, here you are:

Speak with all parts of your body:
The Mouth – for the transmitted sound.
The Lungs – for the power of air to create resonance.
The Eyes – for the all-important eye contact.
The Brain – to boost your confidence.
Your Body language – to show the other person or people that they have your full attention.
– everything plays an important part in human communication for maximum impact.

Then there is the modulation of your voice, emphasizing key words, and checking the ends of sentences fit with what you are saying.
Statements normally go down at the end. Questions normally go up at the end? And so on.

Then if it's appropriate, add colour, passion, emotion and the right kinds of pauses are also important. This is especially if you're giving a talk or a presentation when you're getting information across to people.

Don't keep burbling along when you've just mentioned something brand new or very important that the audience hasn't heard before. They need time to take in this information, even if it's a few seconds, it makes all the difference.

So judging the right amount of pause is crucial and comes down to empathy with you and the audience. When it's just you and one other person, this empathy for you to determine the pauses you should give, is even more important. Try reading the face of the other person.

Do they look a bit confused or bored or is there anything negative you sense? Should you pause to let them reply, or say something on the subject? Once again, I say to you, the very best speakers are ALSO the best listeners.

Now, tomorrow we're going to cover confidence and on Day 7, put everything together for you, but we'll end today with a look at the double "H" of Hydration and Health.

For a good voice, the two go together. Water is so very important for your body and your soft and delicate vocal folds need to have good hydration. If you don't drink enough pure water, your vocal cords will get smaller leading to a lighter voice. A glass of water before you give a talk will not do.

In fact, if you drink some good pure water now, it won't be until tomorrow when your vocal folds will thank you for it. Please don't go crazy, don't overdose of H20 - but a glass of pure water every two hours through the day should be fine. Tap water should be fine if it's officially drinkable in your area, you don't need to buy bottled water. Don't drink it too cold as this will shrink your vocal apparatus.

Tea, coffee or anything that contains water doesn't count, as ingredients like caffeine can actually dehydrate you, so stick to water. And, this means water without any ice cubes in it, or chilled in any way. The last thing you want is for your voice mechanism to cool down too much, so room temperature water is absolutely fine.
Talking of water, how about gargling? Gargling is not just good fun, and helps you to relax a bit, but if you are about to give a talk, it's important to make sure your throat is completely clear of any food particles that could get caught and cause you to cough. It's all part of vocal hygiene.

Before a big live voice session, for professional voice-overs like myself, we brush our teeth, but we also gargle as well, to make sure there are no pesky crumbs from toast from breakfast lurking down there!

So, have a gargle, but instead of gargling on one note, gargle a tune, anything you like. Why? Because by gargling at different frequencies, the folds of the throat will move around so they'll be cleaned effectively of foods particles. In fact, why not do deep voice gargling, so you could have the gargling version of the "Down the Scale" exercise.

OK, so good hydration is so important for your voice but what about general health?

Firstly, if you asked someone 50 years ago how to get a deep voice, they'd say smoke loads of high tar cigarettes and drink whiskey. Of course, today we know far better these days. If you care about your long-term health at all, do not smoke at all, don't even think about it; and do not drink heavily.

When you're looking to improve your voice and make it more flexible in whatever way to need it to be, your own body's overall physical fitness is so important.

If we consider the car analogy again, you wouldn't go on a drive round Europe or enter the Le Mans 24 hour race without at least servicing the car would you?

The holistic aspect of this is so important, even if you're a crazy busy person, you need to fit into your day a good half an hour for physical fitness.

You may like to think of cycling to the rail station instead of driving, or a run round the block before your tea, and some press-ups or weight work at home.

In fact, here is the UK Government's recommendations on daily exercise:

Physical activity guidelines for adults aged 19 to 64

Adults should do some type of physical activity every day. Any type of activity is good for you.

The more you do the better.

Adults should:

aim to be physically active every day. Any activity is better than none, and more is better still
do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
reduce time spent sitting or lying down and break up long periods of not moving with some activity.
You can also achieve your weekly activity target with:

several short sessions of very vigorous intensity activity
a mix of moderate, vigorous and very vigorous intensity activity
You can do your weekly target of physical activity on a single day or over 2 or more days. Whatever suits you.

These guidelines are also suitable for:

disabled adults
pregnant women and new mothers
Make sure the type and intensity of your activity is appropriate for your level of fitness. Vigorous activity is not recommended for previously inactive women.

What counts as moderate aerobic activity?
Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

brisk walking
water aerobics
riding a bike
dancing
doubles tennis
pushing a lawn mower
hiking
rollerblading
Try the aerobic workout videos in the NHS Fitness Studio.

What counts as vigorous activity?
Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

In general, 75 minutes of vigorous intensity activity can give similar health benefits to 150 minutes of moderate intensity activity.

Most moderate activities can become vigorous if you increase your effort.

Examples of vigorous activities:

jogging or running
swimming fast
riding a bike fast or on hills
walking up the stairs
sports, like football, rugby, netball and hockey
skipping rope
aerobics
gymnastics
martial arts
Try the aerobic workout videos in the NHS Fitness Studio.

For a moderate to vigorous workout, try Couch to 5K, a 9-week running plan for beginners in the UK.

What counts as very vigorous activity?
Very vigorous activities are exercises performed in short bursts of maximum effort broken up with rest.

This type of exercise is also known as High Intensity Interval Training (HIIT).

Examples of very vigorous activities:

lifting heavy weights
circuit training
sprinting up hills
interval running
running up stairs
spinning classes
What activities strengthen muscles?
To get health benefits from strength exercises, you should do them to the point where you need a short rest before repeating the activity.

There are many ways you can strengthen your muscles, whether you're at home or in a gym.

Examples of muscle-strengthening activities:

carrying heavy shopping bags
yoga
pilates
tai chi
lifting weights
working with resistance bands
doing exercises that use your own body weight, such as push-ups and sit-ups
heavy gardening, such as digging and shovelling
wheeling a wheelchair
lifting and carrying children
Try these exercise routines:
strength workout videos in the NHS Fitness Studio
Strength and Flex, a 5-week exercise plan for beginners, to improve your strength and flexibility
You can do activities that strengthen your muscles on the same or different days as your aerobic activity – whatever's best for you.

Whatever it is, and please get individual professional advice before you start any fitness regime especially if you have an existing health condition, get into a habit of doing it daily at the same time or times. This turns exercise into something you'll do automatically like brushing your teeth and in no time your whole body tone and mental health improves. Daily consistency is key. That's the first point.

The second is that as we discovered yesterday, tension is the big enemy of the deep voice. So with many physical exercises you will be creating tensions lifting weights, pushing and stretching, so you have to learn how to get relaxed properly AFTER you do the big physical stuff, particularly when you need to have a deep and rich voice. Finally, what about foods and supplements?

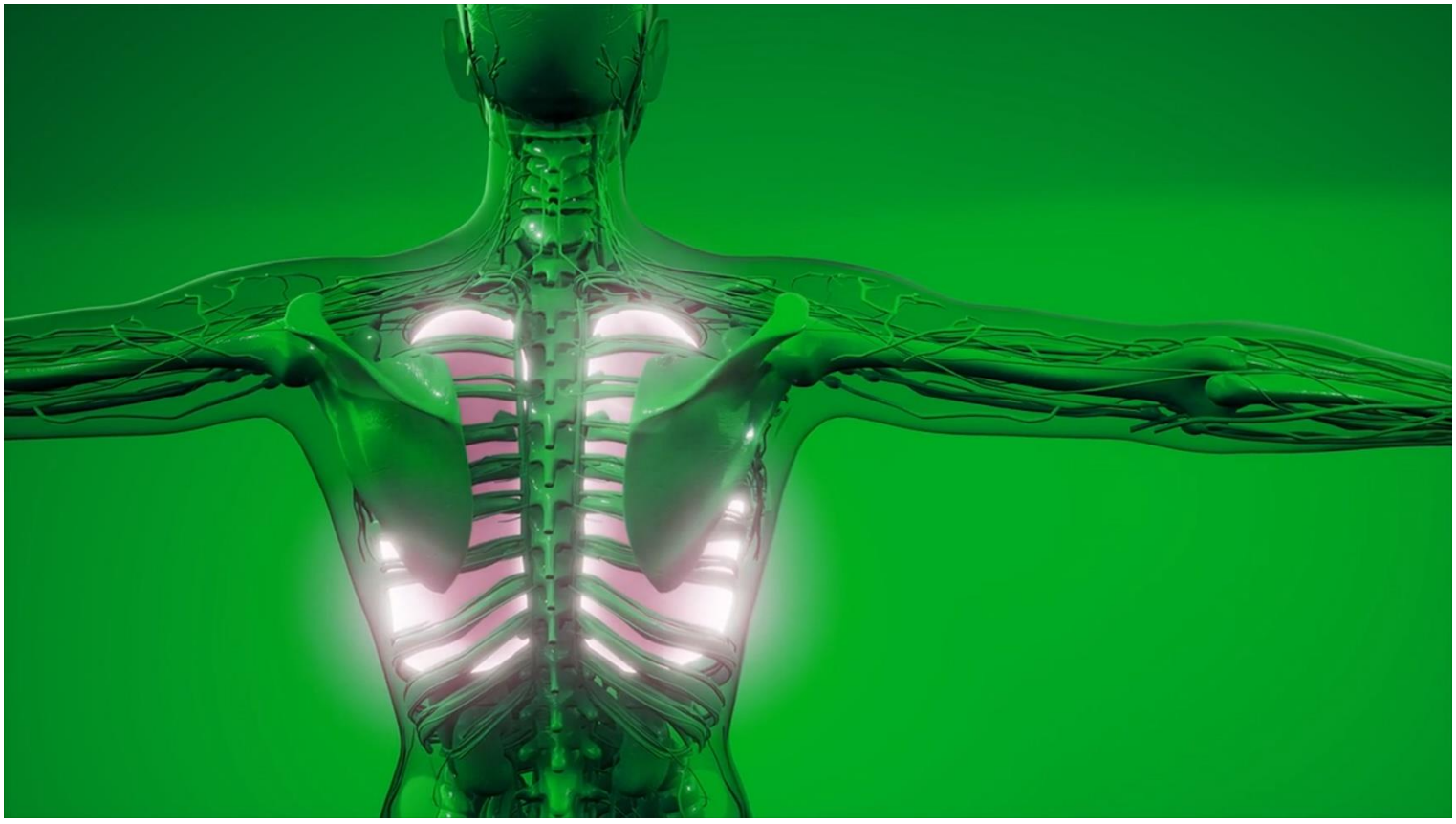
Eat good fresh foods whenever you can over anything processed. But just a word about some foods that could be unhealthy for your voice. Everyone is different, and some professional voice artists swear that giving up any milk products, anything dairy, helps to reduce the mucus, and makes their voice clearer. Now for me, it makes no difference whatsoever. In fact I love a couple of milky latte coffees during the day, and eat tons of yoghurt! It makes no difference for my own mucus levels. But dairy products might be making a negative impact for yourself, so check it out, by keeping off the milk and other dairy products for a few days, and see if it makes any difference.

One thing that may affect you is acidic drinks. If you drink acidic fruit juice, and also alcoholic drinks, these will dry the voice out, and your voice won't be able to perform at your best.

There may be some foods and drinks that simply irritate your vocal folds and throat area. For some people this is coffee, particularly with the granules not fully dissolved. Some people find hot spicy foods also irritate the throat. If you see any supplements that purport to improve your voice, they will be bogus. You may see Testosterone supplements that can deepen the voice. In theory I believe this is possible, but I am not an expert and from I have read, the nasty side effects of Testosterone supplements can outweigh any benefits.

You need to see your own doctor and ask for their advice, you really do; I feel that by doing the exercises and lifestyle changes in the course will be a far more beneficial than popping supplements daily. You can certainly buy lozenges and gargling liquids to bring your voice back if you have temporarily lost it or it sounds scratchy, VocalZone pastilles or Sanderson's Throat Specific we have in the UK, but these are for when you have to give an important speech and you're just recovering from an infection. Vitamins you don't need as long as you eat good fresh unprocessed foods.

I hope you've found today's work on this "whole body" or holistic approach useful. Until tomorrow please do your daily exercises and refer to your sheet. See you tomorrow for Day 6 – we're almost at the end - and we'll focus on a very important element of being able to develop a richer, deeper voice, confidence.



DAY 6 – CONFIDENCE

Hello and welcome to Day 6 on our journey together to develop a deeper, more resonant and attractive voice. I hope you're continuing your daily exercises that you can manage, and so far you should be doing the ones we talked about on the first 5 days, with the details on the exercise sheet.

Before we get to today's subject, I'd like to add one more resonance exercise, that helps you understand more about your own body and its capabilities.

In the Exercise number 1, the Chest Test, while having the mouth closed, you lowered the jaw, and the larynx area while humming a deep note and hopefully you will have felt more resonance in the upper chest as the note got mellower. Each day you do this, you'll find it easier to feel this resonance in the upper chest. Today I'd like you to find resonance in the nasal cavities.

So – this exercise, number 27, is called "The Vibrating Snout". I want you to hum a note as low as you can manage while keeping power there – it should be the same note as you sing with the piano app – you keep the tongue behind the bottom front teeth - and imagine you're an animal with a long snout and you're pushing these vibrations out.

Imagine these vibrations are going out in front of you a long way, and your face is pushing out and your nose going like Pinocchio, although in effect it'd be only half an inch or so! Move the nose around and find the exact position where you can feel it tickling in your inner nose and the cavities to the front of your face. Your lips should be tingling, and you should be able to move around the vibrations to the whole of your face, or as singing teachers call it, your "mask".

You'll discover that you're still lowering the larynx as you did for the Chest test, but this time the vibration and resonance is in the "snout" area and not as much in the upper chest. Discover the changes that you can do to the sound and tone by simply moving the vibrations around. You're learning more about your own body!

So, can you feel a tickly nasal area when you hum and move your snout around? Can you maintain your "Vibrating Snout"? If not, not worry, relax and try again with maybe a slightly higher note that has more power to feel the resonance.

You also may like to try what is called the "Singer's Smile" where you raise the eyebrows a little, so this makes the skin on your face taut to help the resonance.

Once you know the exact way to control your inner vocal tract muscles to get resonance in the various possible areas; it will make it much easier for you to achieve and maintain a deeper richer voice. This whole process is far more than merely trying to speak lower all the time. If you did that, you'd sound like you're putting on a deep voice, it'd sound a bit ridiculous and you'll get a sore throat. By naturally learning about your resonant areas and practicing doing these exercises you will get the naturally rich voice you're looking to achieve and that may have been locked in and undiscovered for years.

So far, we've explored the aspects that enhance resonance and also, I've given you exercises that help banish those evil tensions from your upper body and neck areas on Day 2.

Now, it's very difficult for anyone to sustain a deep, powerful voice when speaking too fast, and so many people gabble away far too quickly in front of others. But you need to feel good about yourself and have the CONFIDENCE to speak at a reasonably slow pace knowing others won't butt in on you! If you're lacking in confidence, I know how difficult it can be to put into practice the kinds of things we're doing together in this course.

Everything may work fine when you're doing your exercises, and you could be pleased with your tone and depth of voice there; but as soon as you're out with other people, or even on a zoom call or phone call, especially talking to those folk that for one reason or another seem to intimidate you, you may just go to pieces.

So boosting confidence is a big aspect of developing and maintaining your deeper, self-assured voice in situations where you will actually use it, with friends, co-workers, your bosses or potential lovers, anyone you want to influence and get over the impression that you're cool, trustworthy and nice to be with – all traits that are associated with a mellow, deep voice.

There are many techniques to battle lack of confidence and I'll give you a variety of the best of today. Some may not be right for you at all, some you will, I'm sure, laugh at, but I hope you'll find a technique or coping mechanism that will be really effective for you.

First, a bit of theory about confidence.

When people realise that they have confidence issues that affect their ability to even approach people, let alone speak to them in a rich, assured, authoritative resonant voice, there are three main coping strategies people can take.

USING LOGIC
AFFIRMATION
And FANTASY

So for LOGIC, this is where people coolly convince themselves that others DO want to hear from them or DO of course want to make friends with them, work with them or whatever, it would be totally illogical for them to say no or to reject them.

For example, if you were asked at work to give a presentation standing up in front of hundreds of your colleagues and co-workers, and you are totally petrified of doing this, you would use the logic principal. You would square it in your mind that there is a reason why you are giving this talk, a reason why you were chosen to give the presentation to your co-workers. You are the expert on the subject, and you're giving information to your colleagues that they want to hear, in fact that they NEED to hear the information you are going to give them to help their work processes.

Realising this logical situation should dramatically increase your confidence levels. Most people are cool and will genuinely want to hear what you have to say.

Here's another example. Let's say that you develop a silky resonant deep voice, and everything is fine at home or by yourself, but you totally lose your confidence when you're approaching a person you are attracted to and love to know more, and your confidence collapses, you tense up and the depth of voice simply vanishes. You use logic and determine that you are looking for a partner and THEY need a partner as well, and logically, you would be a good match, with nice overlap of interests and so on.

It's logical that this person would welcome your advances.
AFFIRMATION takes this one step further where people look into the mirror and tell themselves various phrases that affirm what may or may not be true. This technique helps some people deal with their confidence issues. If you Google "Confidence affirmations" you'll find a wealth of downloadable affirmation posters you can print out and pin on your wall. Many people love this technique.

Here are some examples of what people may say to themselves in an affirmation that they repeat to themselves:
"You're going to walk right out of this washroom, go smartly to the boss's office and ask for that raise. You know you deserve it; your boss hasn't a leg to stand on."
Or
"You know she likes you; or else she wouldn't have done or said A, B or C, I bet that she's thinking the same as you; that YOU're not interested in HER! So call her now!"

That sort of thing. Then there is a stage further – the FANTASY stage, where people use imagination techniques to convince themselves that they aren't afraid to talk to intimidating people or top management or to give a presentation at college or a big conference by imagining everyone in the audience in front of them naked, or that they're in the Groundhog Day movie, and if they mess up they can just do it all again.
So what's all this got to do with a deeper voice?

It's simply that CONFIDENCE is a very big part of maintaining your newly developed commanding, authorative voice with other people around. It's also a big part of the world of the creative performing arts, whether you are an actor, voiceover, singer or whatever.

What we're doing here is very much a part of acting training. Once you've developed the skills and the techniques to actually lower your voice and make it sound richer and more self-assured, it can be reduced if you haven't the confidence to actually use your voice fully in public.

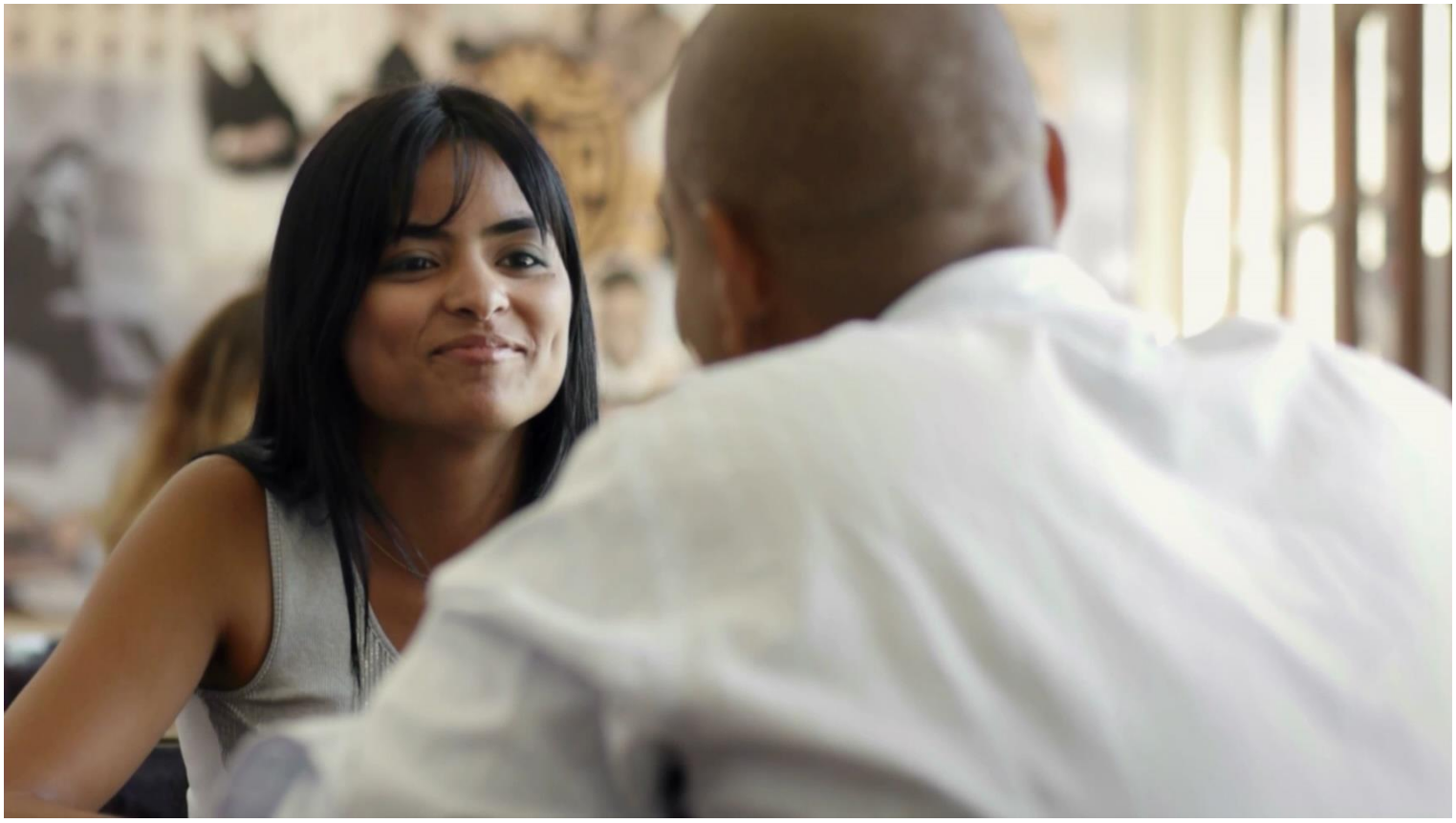
So what techniques to boost confidence will work for you?

A LOGIC technique where, for example, you KNOW you're better informed and skilled than those bullies at college or in the workplace, and you're confident you can discuss anything coolly with them.
But if you'd like to try a fantasy technique, and this will work if you've done any acting, even just at school or at a non-professional level; try the technique of trying to be someone else. Step into the shoes of a person you know, or know of, who has no issues with confidence at all and has a voice you admire and can listen to all day. Before you open your mouth, get into the mindset of that person.

Have you noticed in superhero films, when people turn from a normal everyday person to their superhero persona, their voice gets deeper? Funny that isn't it? And have you ever dressed up for a party as a superhero and found the same thing? So, today, when you're about to talk with someone, imagine you've donned your own superhero costume and let that imaginary outfit give you a superhero confidence, swagger and a stronger deeper voice!

Okay, one more quick confidence tip for you! In the feedback from my 30-day speech course, we had some excellent feedback on this technique, see what you think. Look, when it comes down to it, confident people don't really give a damn what other people think about them. Yes, this can get to be bordering on arrogance, and I'm sure you don't want to go down that route but see if this can work for you.

You see, if you are an unconfident person, you can worry about all sorts of things - not just the things you say, but the way you say it, the way you dress, your haircut, and deeply worrying that other people will judge you or even taunt you. You know what, though? Most people won't care at all. Honestly! Be confident in the fact that most other people have got their own lives, their own likes, dislikes, and mostly they won't really care about you. And even if they did, you shouldn't worry about it anyway. Just think that nobody really gives a monkey's, and neither should you! It's a technique that may be right at home with you.



Here's another confidence tip, that may help you. As I've mentioned before, feeling confident about yourself is extremely important when you are going to use your new resonant deeper voice in public, or when taking to people who you are sexually attracted to. A great tip is to get practising on people that you don't know, or maybe don't even really like. Start briefly chatting to people in public, without being too weird about it, just a few words, say a comment, a relevant question when in a queue or line or on a bus or something, see what happens. Try and read their body language before you pipe up, catch a glance with their eyes and smile first, see what you get back. Just be nonchalant, not intense, just be cool.

If you mess up completely, don't worry, you haven't lost anything, you've just learnt something for the next time. You can adapt this technique. Let's say that you are attracted to someone and you want to start a conversation with your new deeper voice.

Just practice on other people you are NOT attracted to! Or people who are already attached and you wouldn't be interested in them anyway. I'm not asking you to chat up people you have no interest in, that would be unfair on them; but simply talking with more new people regularly can really boost your confidence.
Finally, keeping in mind that you can't speak in a cool deep voice when you're gabbling at 100 miles per hour, here's a specific way you can train yourself to slow down your voice.

So many people know that they talk far too fast, and that isn't good for general communication anyway, and definitely not if you want to develop a deeper voice. People who speak fast often are low on confidence levels and they think that if they don't burble everything out as quickly as is humanely possible, the other person will butt in, or lose interest. In effect, of course, the other person will simply not take it all in, or ask you to repeat what you are saying, and you then look a bit of an idiot!

Wouldn't you love to have the confidence to speak in a deliberate metered way to "hold court" in conversations? So how can people hang on to your very word if you're talking too fast – and fast taking usually ends up raising in register.

Here's a great exercise how to make yourself slow down and stay in a lower register.
It's called the "syllable pen" technique. You hold a pen in your hand and like a conductor, you do a beat, for every syllable of what you are saying. Obviously, you wouldn't do this in real conversation, this is just to teach you to slow down when you're on your own.

You will find, that if you have to beat every syllable, it would be impossible to speak extremely fast, as it would be physically impossible to beat with your hand at that speed! I've known really gabbling speakers use this technique, and after a while, they train themselves, without the pen of course, to slow down in conversation. Use a bigger stick if a pen isn't unwieldy enough for you! Using this technique, along with a bit of a boost in general confidence, this will slow your speech down, and make you far easier to be understood by everybody, as well as being the right speed for a nice deeper voice. I haven't marked this down as an exercise as maybe you don't have "fast talking" as an issue. Only use this conducting technique if speaking fast due to lack of confidence is a problem for you.

So here's your home work until we meet again tomorrow. You need to keep on doing the resonance and tension relief exercises, numbers 1 to 12, and tick them off or mark them up on your Voice Training Exercise Sheet.
Then for confidence, at some point today, I want you to do exercise 14, this is called "Someone Else's Shoes". Imagine today in at least one meeting with someone, or even a phone or Zoom call, that you're someone else. Don't tell the other person what you're doing.

Think of a really cool person that you know or don't know but admire, who you think is a good role model for you with a rich, deep, authoritative voice where people hang on their every word. Maybe it's an actor or an imaginary superhero and you can imagine you're in their costume.
Do you fancy doing this today? If you feel more confident after one meeting or chat with someone, try it with someone else.

See if you can sustain it. I'm not asking you to impersonate the other person's voice or their mannerisms, but just think like you think they do, try to get inside their heads, and BE that cool and confident person just before you pick up the phone or go through a door. On your exercise sheet, write down the person you tried to be and a few notes as to how the experiment went. Tomorrow you may want to think like somebody else.
Take care, good luck with the exercises and see you tomorrow.

DAY 7 – PUTTING IT ALL TOGETHER

Hello and welcome to the final day of your course. Congratulations for making it through the week, and I really hope that you have begun to learn a lot about the capabilities of your own body. I hope you're also hearing some results as well, listening back to the recordings you've made over the 7 days. Does your voice sound more attractive, confident and rich?

When we started out together, I did predict that as well as learning this week, you would be doing a lot of "un learning" as you would try to banish bad habits you've got into over your life that has got your voice stuck in a groove.

Let's go through some of these aspects now.

BREATHING
Have you unlearnt any bad breathing habits? If you looked in a mirror and you saw your shoulders raising when breathing, this signalled that you were shallow breathing. Lack of breath will take away potential strength from the power of your voice and make it far harder to create a deeper, richer voice. Shallow breathing means you're going to run out of air much more often so you'll pepper your speech with annoying mini-gasps, or try to run your voice on "empty", desperately pushing out small amounts of air through your vocal folds, creating the "Vocal Fry" affectation which also can harm your vocal folds as well as being disliked by many people. Regular deep breathing giving your diaphragm some real, regular work to do moving the lungs is a must.

ARTIFICIAL DEEP VOICE
Have you unlearnt "putting on" a deep voice? Developing a deeper voice doesn't just mean forcing to speak in a lower range. Doing this can badly affect your sensitive vocal cords, but by doing the gentle stretching exercises and putting into operation the lifestyle changes we've mentioned this week; you'll see resonance increase and depth that you would never achieve by merely forcing your voice lower.

CLOUD VOICE
Have you unlearnt the "cloud voice", that has no power or bite to cut through? This is the type of deep voice that sounds wonderful and rich in a recording studio on a close microphone, but in real life can be difficult for listeners to hear properly. Also, if you're a guy who wants a deeper voice to sound "manly", a "cloud voice" may come across as soft and almost too warm a voice – that's why you need to work on your enunciation and clarity and get elements of grit, bite and plenty of breath to "up the power" in conversation.

VOCAL MELODY
Have you unlearnt any unattractive speech pattern habits such as speaking in a monotone? Have you tried to vary your speech to make it more interesting? Just like a singer does in a song, a speaker needs to vary the volume, the speed and the pitch at appropriate moments, relating to the meaning of what you're saying, to make your speech dynamic, intriguing and magnetic. Be aware of pitch - particularly how you end your sentences - and what it signifies when you end a sentence going up and when you go down.

POSTURE
Have you unlearnt bad posture? The wrong position to stand or sit in doesn't just badly affect the voice but can cause all sorts of musculoskeletal problems, like back and neck pain, for the long term. Correct posture problems, and get into the good habits of maintaining them, and this will pay dividends all your life.

CONFIDENCE
Have you tried to get over any confidence issues? Many people have a great, rich voice that they don't use simply because they lack confidence in life to use it. You have a right to be here and most people will want to hear what you want to say. Ignore the few arrogant bullies you'll encounter on your journey through life. Hold your head high and enjoy using your rich and resonant voice!

FITNESS & HYDRATION
Have you improved your general fitness, with a solid resolution to eat better with natural unprocessed foods, to exercise more and to drink more pure water? Hydration and good fitness is absolutely essential to develop and to maintain a rich and resonant voice.
Let me give you some more tricks and tips before we go through all the exercises for the week.

START AS YOU MEAN TO FINISH
If you start a sentence then lower the pitch, it sounds very strange. If you know you have the capability to speak comfortably at a lower pitch you need to START your sentence at that lower pitch.

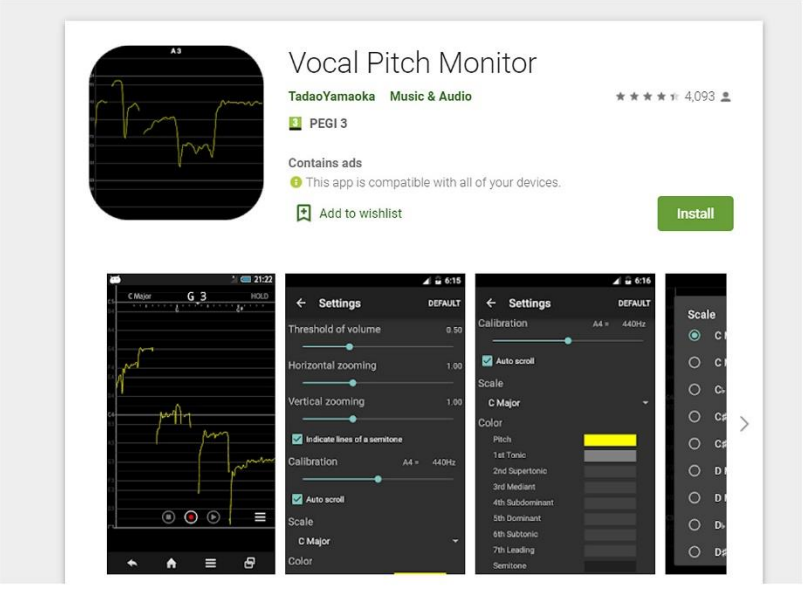
Does that make sense? When you're using your new richer deeper voice, at first you'll have to make a bit of an effort to actively think…I must START speaking a little lower than normal.

So if you'd normally come up to some one and say HI I'M PETER! At a higher pitch, just remind your self to aim the first note at a lower pitch. So, it's not HI I'M PETER, it's HI I'M PETER at the lower pitch. If you forget to do this, you'll simply go back to your old lighter, higher voice even though you have the capabilities to deliver a lower richer voice.

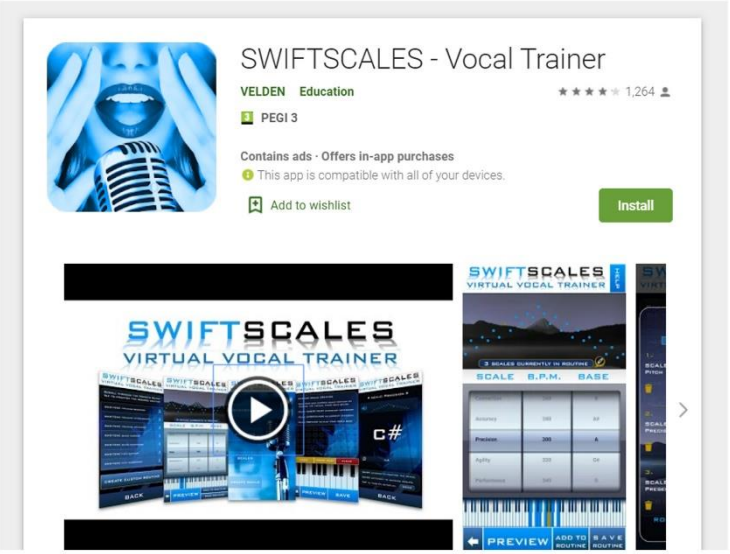
When you're about to go into a tense situation such as meeting people for the first time that you want to impress, go somewhere quiet on your own, do the relaxation exercises that work for you, take some big, big stretching yawns to help you to relax, and remember to start speaking where you mean to start. This is where it can all come unstuck. Many people, often to sound friendly, meet people and start talking in a high, light, chatty voice but they get stuck there with the tensions of the situation. You can still sound friendly and unthreatening in a low voice, but you need to start speaking in this register as it sounds strange to suddenly slow your tone.

TECHNOLOGY CAN HELP
Here are three APPs that you may like to try out.

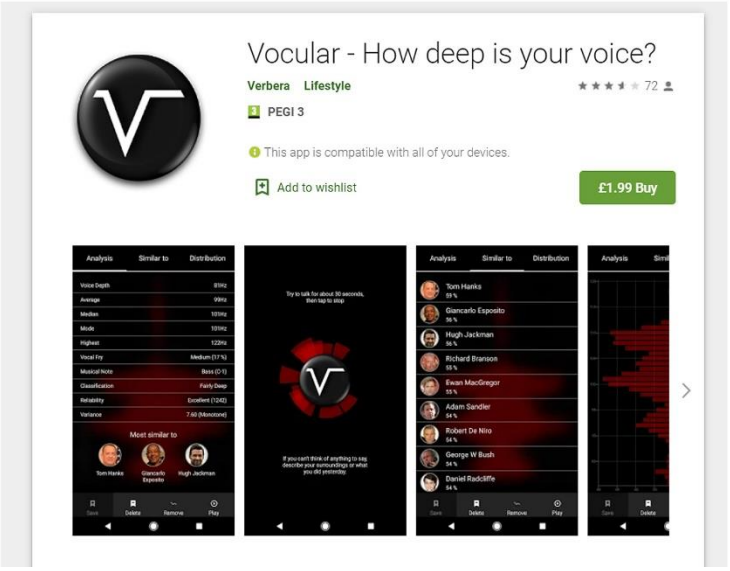
VOCAL PITCH will analyse your voice and your can see how the frequencies and harmonics are displayed while you do exercises.

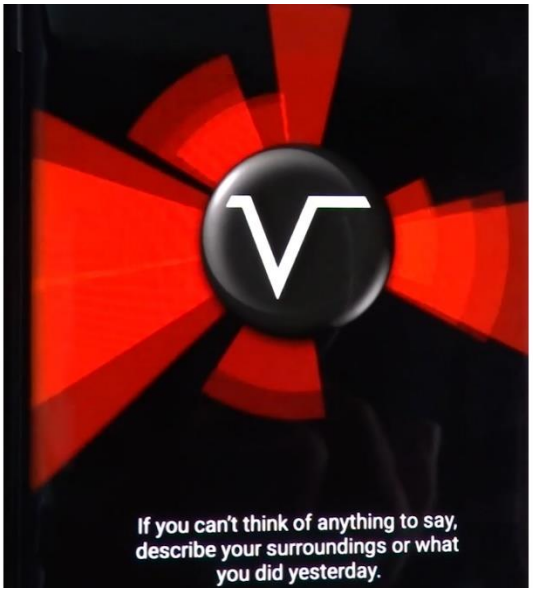


If you're musical and want to improve singing as well as the speaking voice, SWIFT SCALES is very comprehensive with lessons and analysis tools included. It's your vocal coach in your phone!



The VOCULAR App offers a way for you to record your voice and to give you feedback on how you sound and even compares the pitch distribution and voice depth with celebrities - great fun at parties. It offers data on attributes like Vocal Fry levels as well so you can see how you're reducing this over time.





TRY THIS HUMMING VARIATION
When doing your low humming exercises, get relaxed and hum with your head tilting down to the ground. Yes, we have discussed how this is very poor posture position to speak in, but it's just for this humming exercise. So you start humming facing the floor, then gently lift your head to the ceiling and hold for the duration of the breath to help stretch the vocal cords.

Right, let's go through all the exercises now in order.

First of all, don't feel guilty if you haven't managed to watch a full day's worth of videos on the actual days themselves and have spread them out, as well as the exercises over several days. Life can be busy for many and stuff gets in the way, doesn't it? But what we've given to you over this week is all you'll need to pave the way to a better, clearer, more resonant deeper voice you can enjoy using in your relationships with others at work and in your family and friendship time.

Exercise number 1 is the Chest Test. This is where you'd close the mouth and lower the jaw and also the larynx to produce a mellow sound that will produce bigger vibrations. You wouldn't speak in this position of the throat at all, but it's to show you what's possible. If you still find it difficult to achieve a decent buzzing in your upper chest, use a higher tone to give it more energy, before then dropping it note by note.
Number 2 the Internal Mouth Stretch is a lovely morning wake up and is another way to get flexibility in your vocal tract. Don't strain too much doing this one.

For number 3, Sentence Down the Scale, how many semitones lower did you achieve over the week, doing the relaxation and stretching exercises? Try doing this at different times of the day. If you do it first thing in the morning, if you achieve a lower note, it could mean that you haven't banished all your tensions yet!
The Vibration Hum, number 4 is a great all-round activity that helps with vocal depth as well as relaxation and resonance. Try to do this as much as you can during your day.

For number 5, the Big Yawn stretches the upper soft palate and many people didn't even realise that they could do this or even what the palate was for. A great exercise.

The anti tension activities such as Shoulder Rolls, Shoulder Massages and Jelly rolling are classic un-knotters of stress and you'll find yourself doing these regularly during your day. Number 9, the Big tongued monster is a great "re-set" activity that only takes seconds but is so effective for calming the mind and perking up your vocal equipment before an important meeting, speech or important encounter.
Please don't forget clarity when developing a deeper voice, will you? The Q-E-Q-R routine is simple but effective way of stretching the muscles that are used for the articulation of speech.

The Telephone Trill is another clarity activity that's fun and can perk up a tired mouth.

The Silent Laugh is a wonderful warm up used by many performers before they hit th stage as it gets rid of tensions all over the body. You may prefer it to the Jelly exercise as the mouth and neck muscles are all used in this one.

We gave you a few exercises to strengthen the neck muscles – one with sucking a blocked straw and a neck stretch, both are good for working the two SCM muscles in the neck so that it can hold your head high, literally, without straining nearby muscles needed for voice production.

Number 15 was the musical exercise. Do you now "Think Bass"? Sing along to your favourite songs an octave down…or more! And even sing bass lines rather than the melody; all these things can help in developing a deeper more resonant speaking voice.

Have you cured any nasal sound in your voice? It's all down to controlling the soft upper palate and in the HANG-AAH exercise we demonstrated how the "G" of Hang forces air through the nose, whereas raising the soft palate to sound the AAH negates this issue altogether. Once you get into a new habit of opening your mouth inside more while speaking, nasality should reduce a lot.

The breathing chapter gave you a test to see your lung capacity by counting the seconds you could sustain a continuous stream of bubbles in water; then we went through diaphragmatic breathing, using the Hissing Snake to power up this huge muscle under the lungs and the Rib Expansion check to make sure you were fully filling up. Then to expand lung capacity we gave you the Hold That Nostril exercise and the Bike Tyre one to get every last molecule of air into your lungs!

The Didgeridoo is great fun and helps us all explore our vocal production area to create all sorts of unusual sounds and resonances.

In the posture day's exercises we looked at how thinking like a puppet, under the control of the planet's gravity and the us taking control, helps find that crucial equilibrium without stretching artificially.

We finished the week with the neck tension reset, only to be used if you've been stretching forward your neck too much, and the wonderful vibrating snout, which is really a variation of the Didgeridoo but you attempt to push the vibrations not through your closed mouth but through your tickling snout!

I hope you've found all this useful to you. Please revisit any of the chapters again to get refreshers to your knowledge.

If you're interested in becoming a professional voice artist and making the most of your new voice, and earning an income recording scripts, we have many other courses that will be useful for you; setting up a home studio, getting clients and sorting out the whole business.

More details are on http://www.VoiceoverMasterclass.com

Thank you for watching and good luck!